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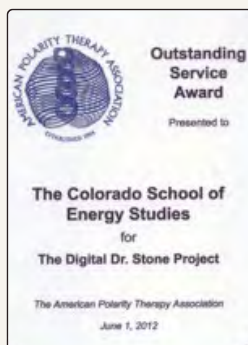
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The charts below are viewable in their original form as well as their searchable, transcribed texts and images. To view the original chart, click on the thumbnail image found on the transcribed page.

Other resources will be made available as our work continues.

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Book 1: Energy - The Vital Polarity in
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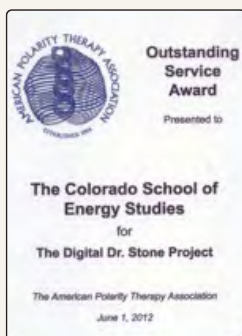
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Energy

The Vital Polarity in the Healing Art

[An Improved & Enlarged Edition of
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Book I
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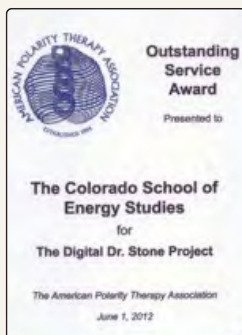
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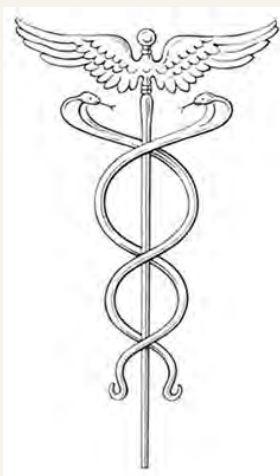
Polarity Therapy Volume 1, Book 1

Chart No. 1

The Caduceus



The Egyptian Caduceus or the Staff of Hermes
The Insignia of the Ancient Physicians



Two types of caduceus are given here. Different countries had their own design of this same mystery of energy current flow in the human body and in Nature. The description of the "Tree of Life" and of the "Tree of Knowledge of Good and Evil" in our Bible had a similar meaning hidden in its symbolism, where Life and Knowledge were closely interwoven for good and bad or positive and negative effects in the life of every being.

All these cryptic designs bear a hidden message to thinkers, of energy patterns in man's make-up so he can better understand himself and his dual and complex pattern design and thinking process. By knowing them, man can work from the center out and regulate the currents of thoughts and feelings through intelligent direction and knowledge rather than being tossed around by every temporary impulse and reaction. "Man know thyself" is the admonition contained in the symbolism of the Sphinx and of the Staff of Hermes.

[Book 1, Chart 2](#)

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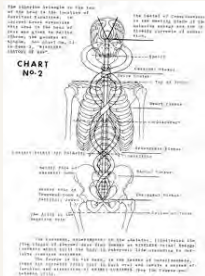
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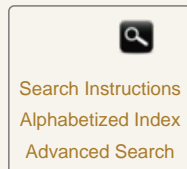
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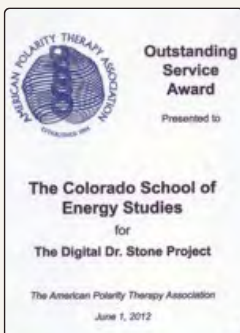
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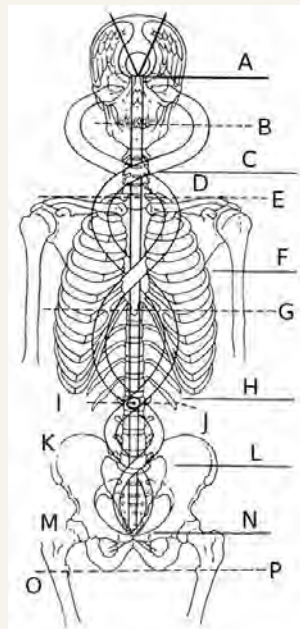


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Chart No. 2

The superior triangle to the top of the head is the location of spiritual faculties. In ancient Greek symbolism this area in the head of Zeus was given to Pallas Athene [Athena], the goddess of wisdom. See [chart No. 11](#) in Book 2, "Wireless Anatomy of Man".



- (A) The Center of Consciousness is the meeting place of the outgoing energy and the inflowing currents of sensation.
- (B) Speech
- (C) Cervical Plexus
- (D) Voice Center
- (E) Top of Trunk
- (F) Heart Plexus
- (G) Diaphragm
- (H) Splanchnic [Intestinal] Plexus
- (I) Contact Points for Polarity
- (J) Umbilicus
- (K) Neuter [Neutral] Pole of Parietal Bone
- (L) Sacral Plexus
- (M) Neuter [Neutral] Pole of Temporal Bone & [and] Maxillary Joint
- (N) Coccygeal Plexus
- (O) The Ankle is the Negative Pole
- (P) Bottom of Trunk

The caduceus, superimposed on the skeleton, illustrates the five stages of stepped-down mind energy as wireless primal energy currents which built the body in embryonic life according to definite creative patterns.

The source is in the head, in the center of consciousness. These two currents cross over in each oval and create a center of function and attraction of energy currents from Cosmos and between units.

[Book 1, Chart 1](#) ~ [Book 1, Chart 3](#)

[Book 1, "Explanation of Chart No. 2"](#)

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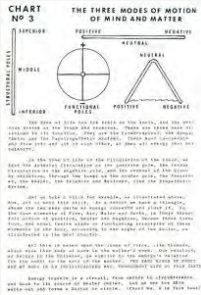
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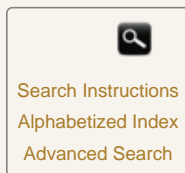
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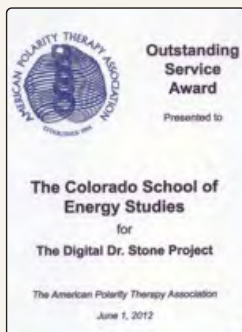
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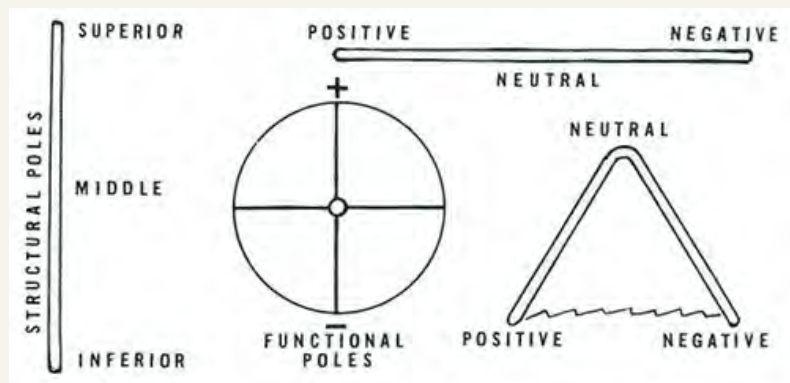
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Polarity Therapy Volume 1, Book 1

Chart No. 3 - The Three Modes of Motion of Mind and Matter



The Tree of Life has the brain as the roots, and the nervous system as the trunk and branches. There are three main divisions in its function. They are the cerebrospinal, the sympathetic and the parasympathetic systems. These must co-operate and flow into and out of each other, as does all energy that has polarity.

In the Tree of Life of the circulation of the blood, we have the arterial circulation as the positive pole, the venous circulation as the negative pole, and the renewal of the blood by oxidation, through the lungs as the neuter [neutral] pole, the preserver, the keeper, the balancer and restorer, like the sympathetic system.

Let us take a stick for example, as illustrated above. Now, let us bend this stick. As a result we have a triangle, where the two ends unite by energy currents and close it. So the four elements of Fire, Air, Water and Earth, in their threefold action of positive, neuter [neutral] and negative, become three times four, and equal twelve signs or functioning principles of these elements in the body, according to the signs of the Zodiac, as illustrated in the next chapter.

All this is based upon the lines of force, like threads, which wove this body of ours in the mother's womb. Our relation, as beings in the Universe, is similar to the embryo's relation (in the womb) to the body of the mother. The same lines of force are at work in an individualized way, throughout life on this Earth.

Energy travels in a circuit, from center to circumference and back to its source or neuter [neutral] center. Let us see how this works out and forms a zodiac or circle. ([Chart No. 4](#) in this book)

Illustration Keywords: structural poles, superior, middle, inferior, positive, neutral [neuter], negative, functional poles, +, -

[Book 1, Chart 2](#) ~ [Book 1, Chart 4](#)

[Book 1, "Explanation of Chart No. 3"](#)

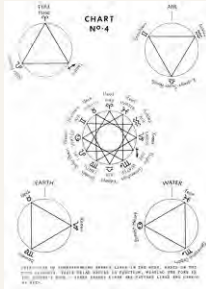
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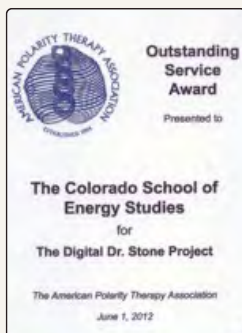
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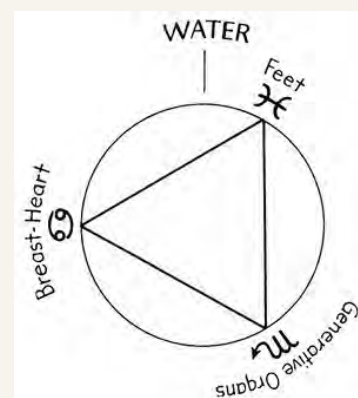
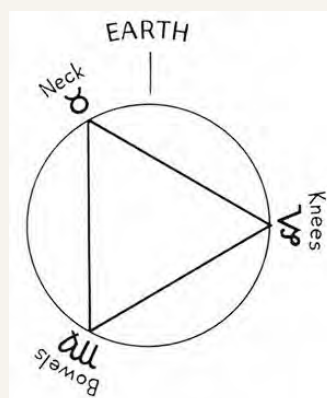
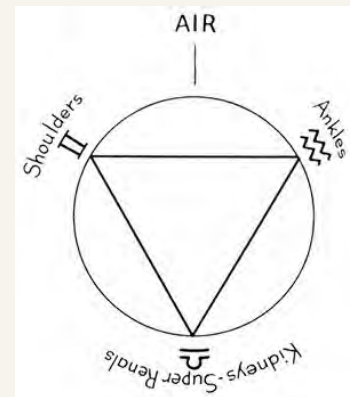
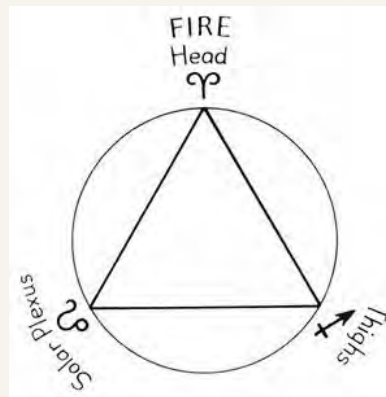
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Chart No. 4



Principles of corresponding energy lines in the body, based on the four elements, their triad nature in function, weaving the form in the mother's womb. These energy lines are pattern lines and cannot be seen.

Illustration Keywords: fire, earth, air, water, head, aries, neck, taurus, shoulders, gemini, breast, heart, cancer, solar plexus, leo, bowels, virgo, kidneys, super renals, libra, generatives, generative organs, scorpio, thighs, sagittarius, knees, capricorn, ankles,

aquarius, feet, pisces

[Book 1, Chart 3 ~ Book 1, Chart 5](#)

[Book 1, "Explanation of Charts No. 4, 5"](#)

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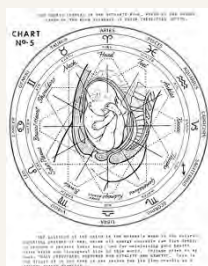
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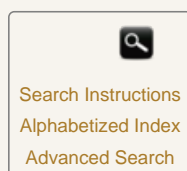
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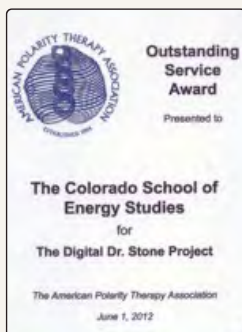
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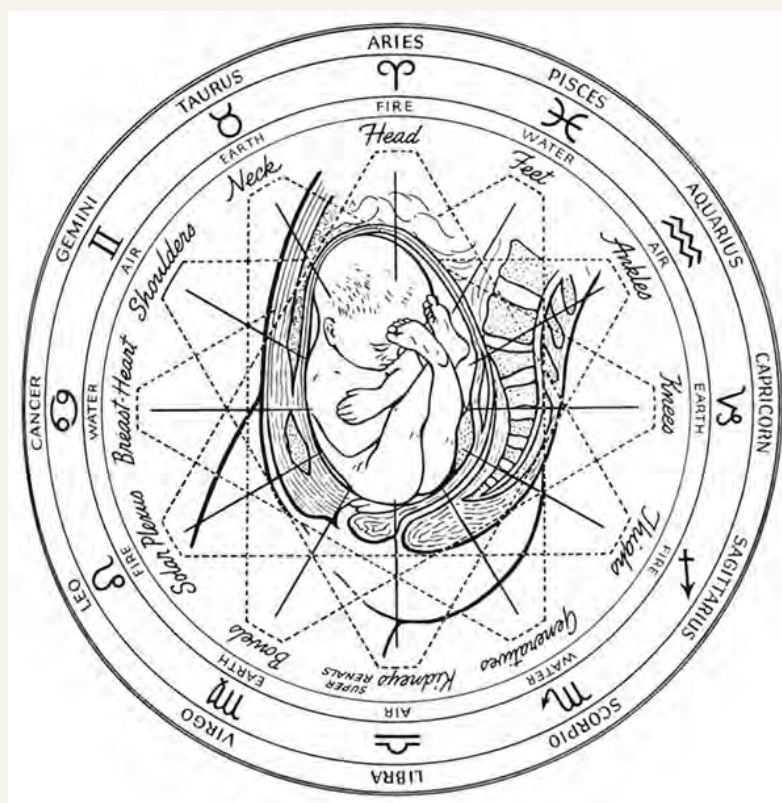


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Polarity Therapy Volume 1, Book 1

Chart No. 5

The embryo (fetus [foetus]) in the mother's womb, woven by the energy lines of the four elements in their three-fold action.



The position of the child in the mother's womb is the natural squatting posture of man, where all energy currents can flow freely to produce a perfect human body, and for maintaining good health after birth and throughout life in this world. (Please refer to my book, ["Easy Stretching Postures for Vitality and Beauty"](#). This is the origin of it and here is the reason for its fine results as a natural health exercise.)

Illustration Keywords: fire, earth, air, water, head, aries, neck, taurus, shoulders, gemini, breast, heart, cancer, solar plexus, leo, bowels, virgo, kidneys, super renals, libra, generatives, scorpio, thighs, sagittarius, knees, capricorn, ankles, aquarius, feet, pisces

[Book 1, Chart 4](#) ~ [Book 1, Chart 6](#)

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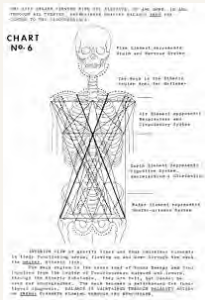
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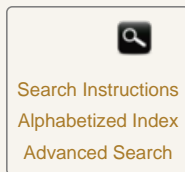
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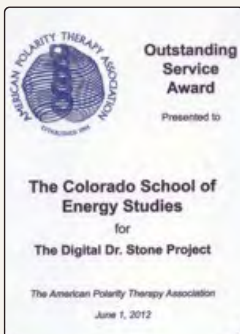
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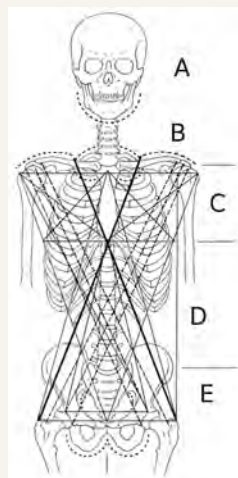


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Polarity Therapy Volume 1, Book 1

Chart No. 6

The life breath flowing with the elements, up and down, in and through all tissues, establishes gravity balance from the center to the circumference.



- (A) Fire Element represents Brain and Nervous System
- (B) The Neck is the Etheric Neuter [Neutral] Area for Reflexes
- (C) Air Element represents Respiratory and Circulatory System
- (D) Earth Element represents Digestive System, Assimilation & [and] Elimination
- (E) Water Element represents Genito-urinary [genitourinary, urogenital] System

Anterior view of gravity lines and four polarized elements in their functioning areas, flowing up and down through the neck, the neuter [neutral], etheric link.

The neck region is the cross road of sound energy and mind impulses from the center of consciousness outward and inward, through the etheric substance. They are felt, but cannot be seen nor photographed. The neck becomes a switchboard for functional diagnosis. Balance is maintained through polarity action of energy currents flowing through the structures.

[Book 1, Chart 5 ~ Book 1, Chart 7](#)

[Book 1, "Explanation of Chart No. 6"](#)

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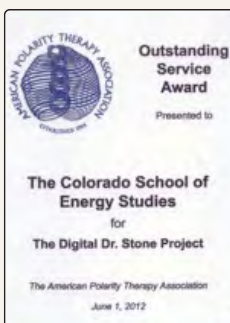
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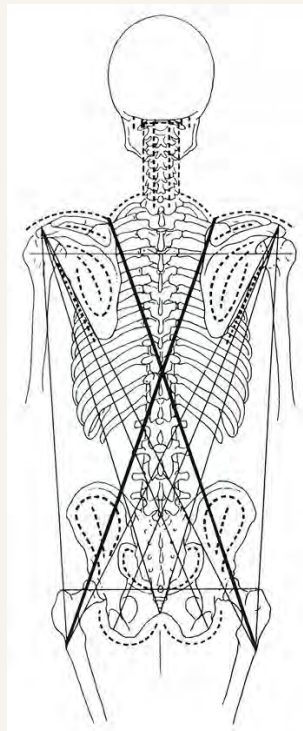
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Polarity Therapy Volume 1, Book 1

Chart No. 7 - Posterior Gravity Lines



The squares indicate gravity straight downward. The triangles indicate lines of force in motion and stress, in pivoting and reaching. The dotted lines are contact points to balance:

The perineum with the neck, occiput, clavicle, first rib, and the top of the shoulders.

The glutei with the scapula.

The top with the bottom, including the four joints.

[Book 1, Chart 6](#) ~ [Book 1, Chart 8](#)

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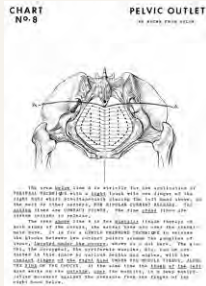
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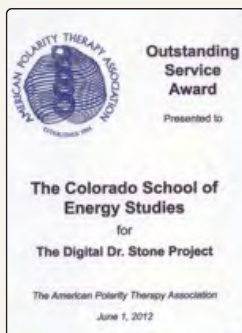
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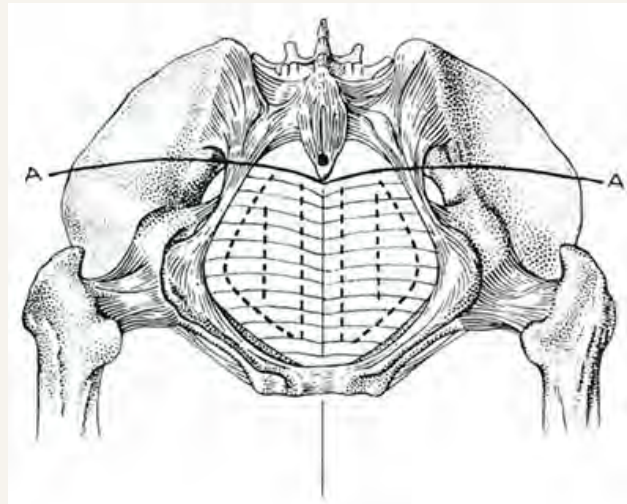
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Polarity Therapy Volume 1, Book 1

Chart No. 8 - Pelvic Outlet as Shown from Below



The area below line A is strictly for the application of perineal technique [see Book 2, Charts [30](#) and [31](#)] with a light touch with one finger of the right hand while simultaneously placing the left hand above, on the neck or other centers, for bipolar current release. The dotted lines are contact points. The fine cross lines are tissue lesions to release.

The area above line A is for muscular tissue therapy on both sides of the coccyx, the sacral base and over the innominate [hip] bone. It is for a gentle pressure technique to release the blocks between two contact points around the ganglion of impar, located under the coccyx, shown as a dot here. The glutei, the coccygeal, the pyriformis [piriformis] muscles, etc. can be contacted in this space by various depths and angles, with the contact finger of the right hand under the muscle tissue, along the side of the coccyx. At the same time the thumb of the left hand works on the outside, over the muscles, in a deep manipulative movement against the pressure from the finger of the right hand below.

[Book 1, Chart 7](#) ~ [Book 2, Chart 1](#)

[Book 1, "Explanation of Chart No. 8"](#)

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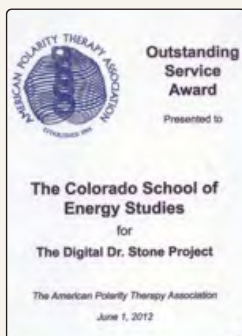
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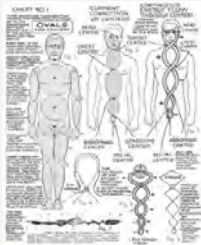
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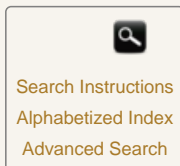
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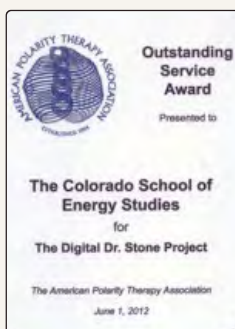
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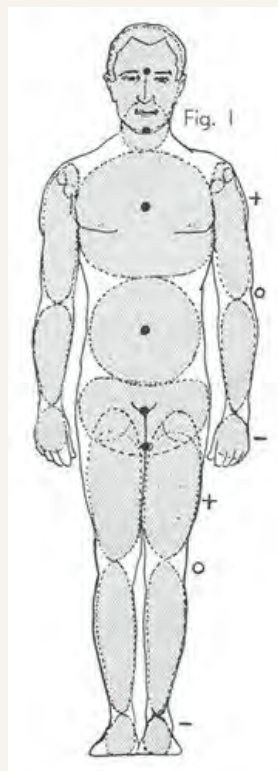
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Polarity Therapy Volume 1, Book 2

Chart No. 1 - Ovals and Centers



Mind working through five etheric pattern field ovals with six governing centers connected by the ultra sonic [ultrasonic] central beam.

First oval is the head for control and direction. (Fire or intelligence)

Second oval is the throat. A link for expression through speech. (Ether and sound)

Third oval is the chest. The heart expresses the life energy in fluidic form the lungs and diaphragm as gaseous function. (Air)

Fourth oval is the abdomen nourishing and sustaining the body. (Earth energy)

Fifth oval is the pelvis perpetuating the pattern form. (Water energy)

Three fields and centers are necessary to express the soul as intelligence, speech, life and motion. Two fields and three centers are necessary to sustain and perpetuate the body.

Arms and legs are extension levers to overcome gravity by motion of shifting polarity forces from a positive through a neuter [neutral] to a negative pole and repeat.

(A) Current connection of centers

(B) Continuous energy flow through centers
Linking each brain lobe to the opposite side of the body

(C) Head center

(D) Throat center

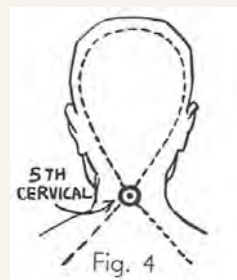
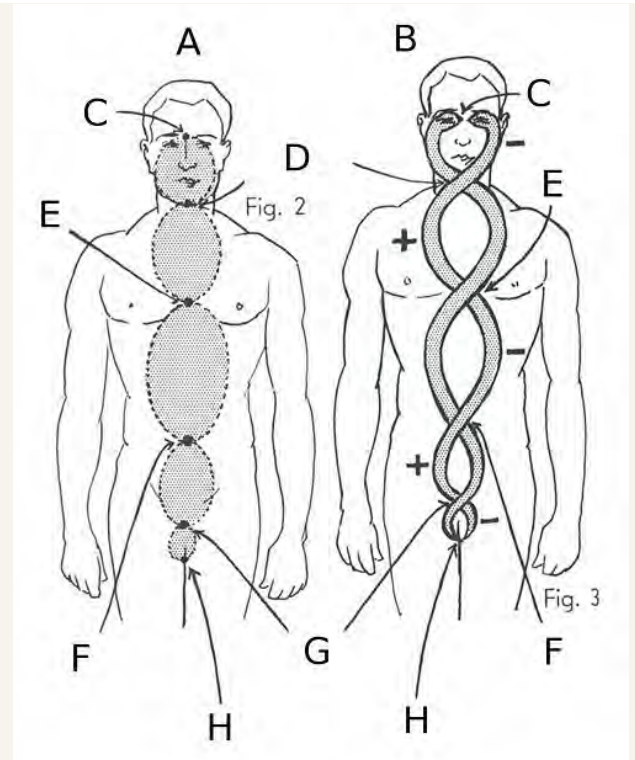
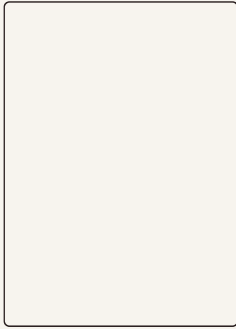
(E) Chest center

(F) Abdominal center

(G) Generative center

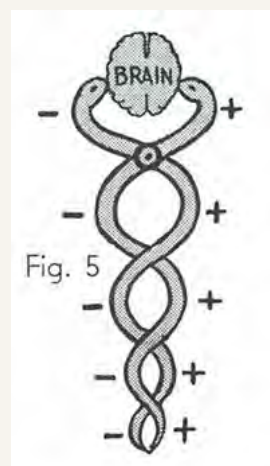
(H) Rectal center

Cells are minature [miniature] ovals with the five modalities of matter in action in every living cell.

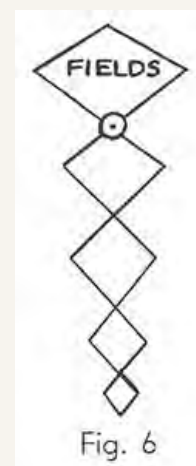


The Sa pass of the ancient Egyptian priests

A secret made plain by polarizing the brain



Posterior view



Straight lines of material geometric extension used in mechanics. Expansion and contraction by mechanical means

Such congestions are seen in the muscles of the back.

The most ancient and perfect arrow or rocket designed by nature self-propelled and self-directed.

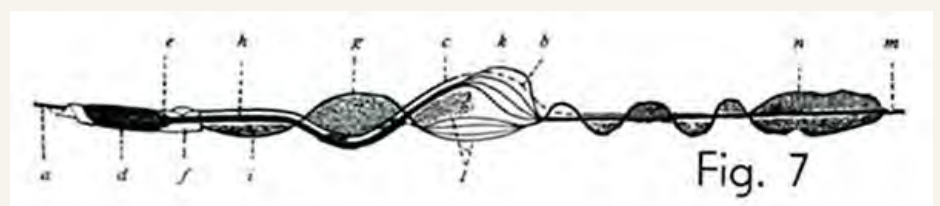


Diagram showing the general characteristics of the spermatozoa of various vertebrates: a, Lance; b, segments of the accessory thread; c, accessory thread; d, body of the head; e, terminal nodule; f, middle piece; g, marginal thread; h, axial thread; i, undulating membrane; k, fibrils of the axial thread; l, fibrils of the marginal thread; m, end piece of Retzius; n, rudder-membrane.

*Illustration Keywords: (fig. 1) +, -, 0
(fig. 3) +, -
(fig. 4) 5th cervical [fifth cervical, C5]
(fig. 5) brain, -, +
(fig. 6) fields*

[Book 1, Chart 8 ~ Book 2, Chart 2](#)

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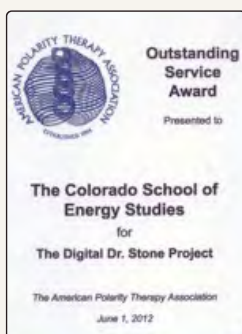
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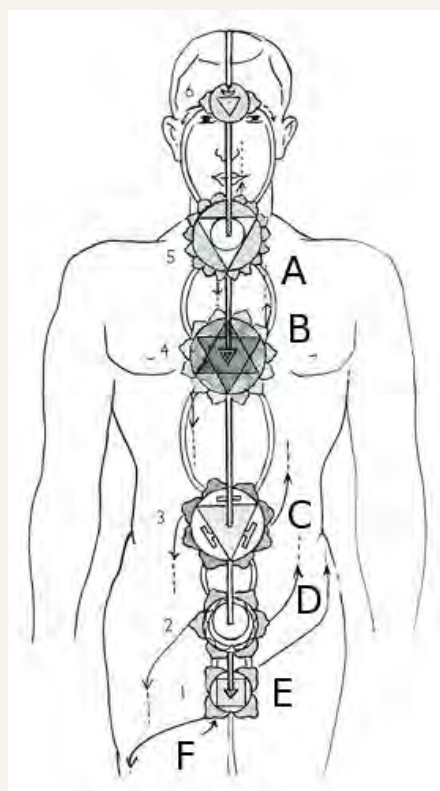
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Chart No. 2 - Chart of the Subtle Prana Currents in the Human Body and Their Chakras as Whirling Primary Functional Centers of Energy

Psychic phenomena and special sense development is due to the stimulation of a chakra by concentration of mind energy or interest in its function. Animals depend on the keenness of one sense for their direction and safety.

The two petaled center in the forehead is the seat of consciousness in the brain. It descends as a dual current in a serpentine twisting motion polarizing and depolarizing in each center of the five etheric fields.



The six ventricles of the brain - relate to the six spinning chakras

(A) Etheric center, voice - hearing, throat

(B) Airy center, respiration, circulation, lungs, heart

(C) The fire of digestion, stomach, bowels

(D) Water center, generative force, emotional drive, pelvic organs, glandular secretions

(E) Earthy center. Elimination of solids and liquids. Rectum, bladder

(F) Swastika symbol in the body

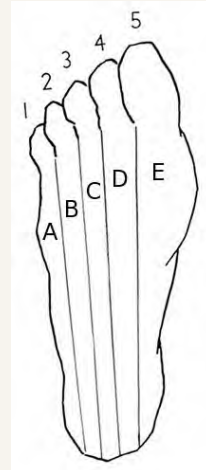
Mind and prana (life breath) function thru [through] the fields of matter and its centers.

(A) Prana as the downward current - apana

(B) Prana as the creative function - genito-urinary [genitourinary, urogenital] organs - liquids

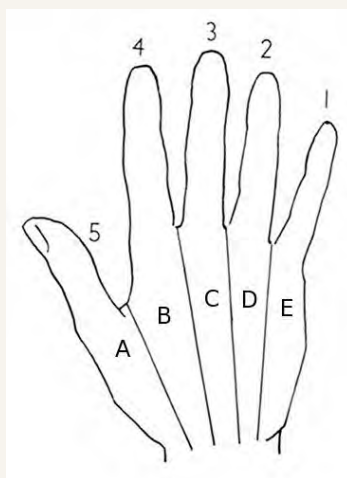
(C) Prana as the fire of digestion. The abdomen, caloric energy

(D) Prana as the energy in the air. Lungs and chest functions



(E) Prana energy as the sound ether, throat - ears

The hand is the same functional neuter [neutral] pole as the foot is the negative pole. [Chart No. 4](#) gives definite regional anatomical locations for affecting structural changes by manipulation or pressure on definite reflex areas.



(A) Sound vibrations of speech and hearing. Throat - swallowing

(B) Sound vibrations of touch and feeling. Respiration - circulation, heart and lungs

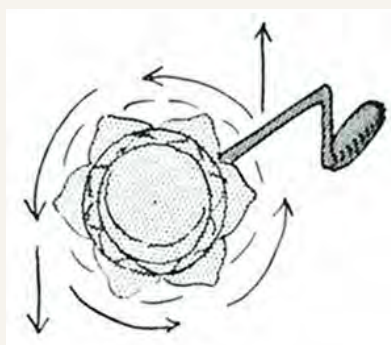
(C) Digestion and assimilation, stomach - intestines - colon - Saturn

(D) Generative whirl - ring finger. Creative sun energy - vital force

(E) Eliminative function - earthy, rectum and bladder

These energy lines are purely functional and physiological as longitudinal influence arising from the chakras and forming the five sensory and the five motor currents flowing through the body to each digit of the hands and feet. In the treatment of functional blocks or disturbance of the five senses these areas are useful when the physiology is mostly involved.

The center line through the body is the location of the path of the ultra-sonic [ultrasonic] energy substance as the primary life current and the core of being. It flows through the sixth ventricle of the brain and the spinal cord. It has five stepdown centers below the brain for the specialization of functions which we call the laws of nature for motion, life and the preservation of the species. These centers in the five oval etheric fields are the core of the wireless anatomy of the finest particles of matter known as chakras or lotuses. As they whirl in a right hand direction from the back, each of the five centers gives off one wave of its special quality of vibratory energy flowing as an electro-magnetic [electromagnetic] circuit to each finger and toe. In this manner the sensory and the five motor senses are created and function in the body.



A spinning center or chakra with a crank inserted from the back. The wheel gives off shoots of energy by rotation upward on the left side and downward on the right side as a right hand turn.

Illustration Keywords: 1, 2, 3, 4, 5, 6

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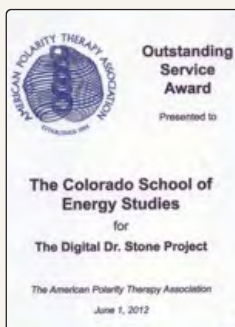
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Chart No. 3 - Composite Picture of the Pattern Forces of the Body and Their Wireless Circuits.

(A) Ultra-sonic [ultrasonic] core

(B) The polarity of the serpentine brain current is reversed in the center of each oval field where the currents cross over each other, thus stepping down the vibratory intensity of the currents also changing the nature of its function in every center and field

(C) The dotted vertical lines are electro magnetic [electromagnetic] wireless waves flowing through the longitudinal muscle fibres [fibers] of the body, giving them tone and maintain the body upright against the inertia of Earth's gravity

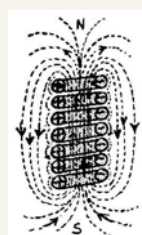
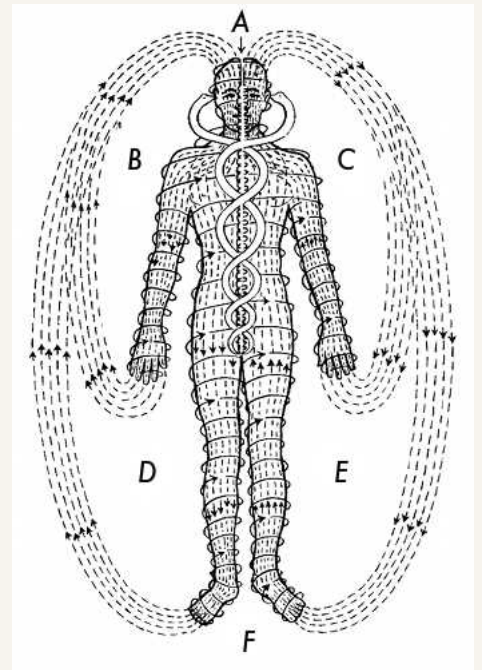
(D) The oval horizontal lines around the body are the electro-magnetic [electromagnetic] wireless currents which give tone to the circular fibres [fibers] of the muscles. They correspond to the currents from east to west in the atmosphere

(E) The hands should be turned up with the thumbs forward. But for clarity of illustrating the 5 [five] currents going through the 5 [five] fingers they are shown thus.

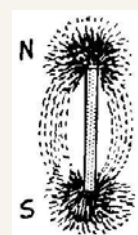
(F) The ultra sonic [ultrasonic] energy forms the 6th [sixth] ventricle of the brain and spinal cord. It becomes the primitive streak and the notochord in the embryo.

Electro-magnetic [electromagnetic] energy attracts to its own center of polarity in oval waves. It is prior to the gravity of the Earth, because it overcomes it by muscular motion moved by energy impulses. Earth gravity attracts to its center of gravity in straight lines of force by the square of the distance

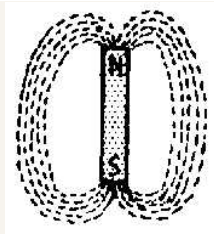
The fine white line in the central core is the ultra sonic [ultrasonic] energy current of the soul. It is the primary energy which builds and sustains all others. It flows through the 6th [sixth] ventricle [ventricle] of the brain and spinal cord when these are formed out of its mind pattern energy field. This core is the center of attraction and emanation of all currents from the brain to the extremities. It is the internal gravity of the individual energy and lines of force, distinct from the gravity of the Earth. This is the true basis for individual therapy.



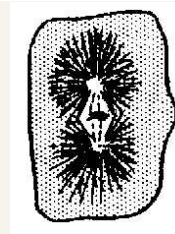
Actual lines of electro
magnetic
[electromagnetic] force
around a solenoid



A bar magnet with
concentration of iron filings at
the poles similar to head +
pelvis

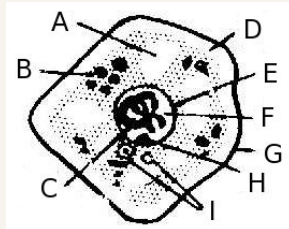


A bar magnet and its field as lines of force

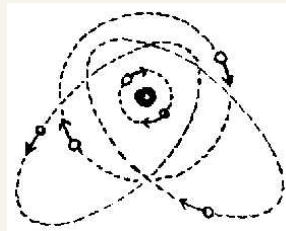


Metakinesis stage
Mitotic cell-division of fertilized whitefish eggs

A microscopic cell. The twisted filaments in the center have self inductive electric capacity through oscilation [oscillation]. Chromosones [Chromosomes] and tubules are made up of insulating material and filled with mineral salts similar to the ocean for conduction of energy.



- | | |
|----------------------|---|
| (A) Vacule | (F) Nuclear fluid |
| (B) Plastid | (G) Cuticle |
| (C) Twisted filament | (H) Nucleolus |
| (D) Plasma membrane | (I) Attraction-spheres containing centrosomes |
| (E) Nuclear membrane | |



A carbon atom with 6 [six] electrons circling around a heavy neucleus [nucleus] containing 6 [six] elementary units of positive electric charge.

Illustration Keywords: n [north], s[south]

[Book 2, Chart 2](#) ~ [Book 2, Chart 4](#)

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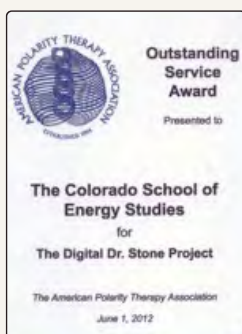
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Chart No. 4 - Diagnostic and Therapeutic Chart of Body Areas Based on the Regional Relation of Wireless Currents of Energy Flow.

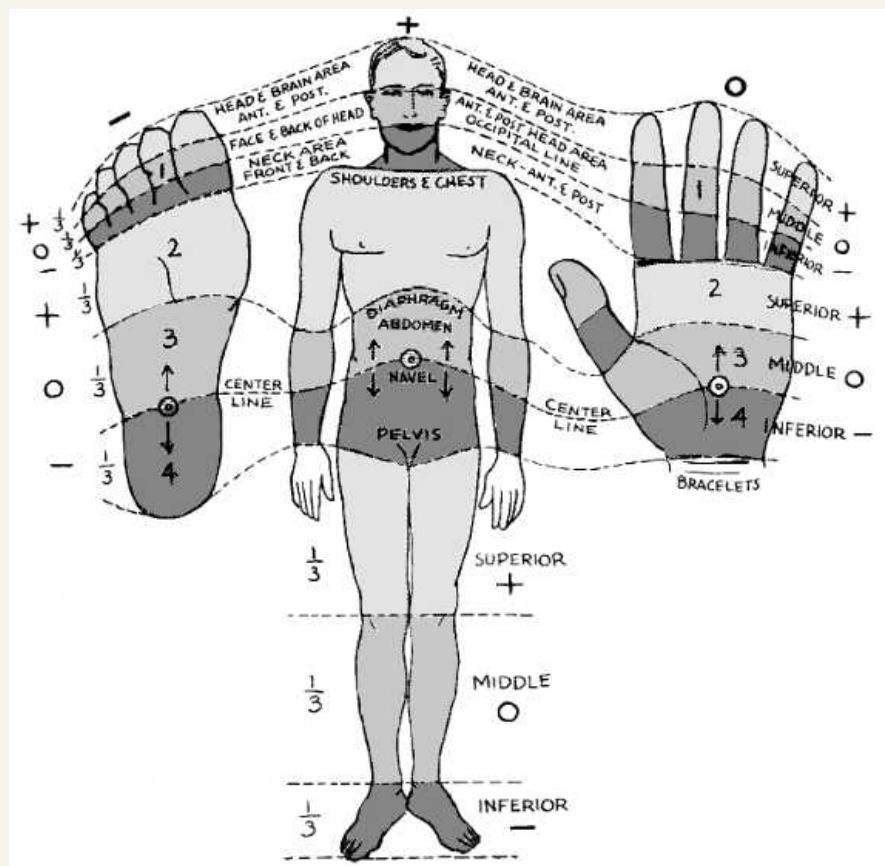
+ Positive pole

0 Neuter [Neutral] pole

- Negative pole

of each area in exact relationship to the whole for diagnostic and therapeutic purpose.

The superior rules the inferior. The inferior reacts upon the superior by return current flow.



Sensitive areas found in these parts are diagnostic and relate to each other as illustrated. Pressure or manipulation of these areas has a definite therapeutic effect on the other poles, +, 0 or - by the wireless energy currents.

The greatest sensitiveness found by touch in any related area + 0 - shows the seat of the active current interference.

The anterior soft sensory portion of the hands [palmar] and feet [plantar] respond to the

anterior sensory field of the brain and body currents. The posterior motor areas are on the reverse side.

Tracing these currents + 0 - in any area is an interesting art as a diagnosis of causes and most effective as therapy in removing the interruption [interruption] of the current.

Any tissue which is in a constant state of contraction or flaccidity reveals an energy block in its circuit of conduction or in the wireless pattern of energy flow.

This chart gives a polarity relationship of anatomical structures to each other. It is a part of the wireless current system in the anatomy of man. These are electro magnetic [electromagnetic] muscular currents from above downward, and they act inversely as tension reflexes from below upward.

The nine areas marked $\frac{1}{3}$ [one third] are not equal in size but are exact in relation to each other. They are equivalent to the nine openings in the body for the outlet of energy.

This is an anatomical relationship chart of corresponding body areas of positive, negative and neuter [neutral] reactions. Its foundation is based upon the embryonic development and position of the child in the mother's womb.

Illustration Keywords: head & brain area ant. [anterior] & post. [posterior], face & back of head, ant. & post head area occipital line, neck area front & back, neck - ant. & post, shoulders & chest, diaphragm, abdomen, center line, navel, pelvis, superior, middle, inferior, bracelets, +, -, 0, $\frac{1}{3}$ [one third]

[Book 2, Chart 3 ~ Book 2, Chart 5](#)

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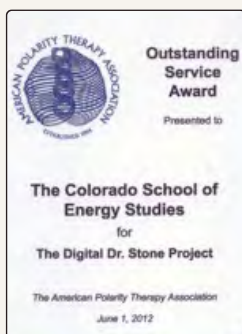
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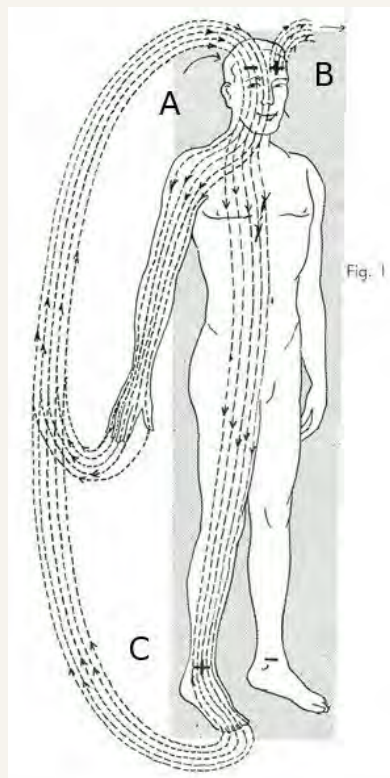
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Chart No. 5 - Electro-Magnetic [Electromagnetic] Waves of the Body and Their Polarity



(A) Downward flow from negative pole anterior

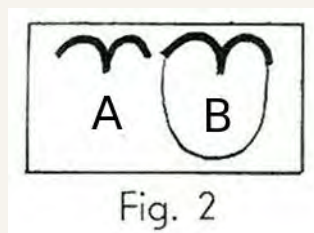
(B) Upward flow from positive pole anterior to posterior negative on head.

(C) If the foot was flexed anteriorly the top or bony portion would reflect to the posterior with which it polarizes.

Fig.3 gives the key to determine the flow of the waves of the electro magnetic [electromagnetic] energy with the patient face down or up. Insert an imaginary crank in any joint as shown here and give it a right hand clockwise turn and the circuit is clearly demonstrated. The operator stands on the side tested.

These waves change polarity at the ankle where the current goes forward on the foot. The crossing over of the current polarity at this point anteriorly makes the ankle a flexible joint. In the energy field all joints are neuter [neutral] points.

The waves of electro magnetic [electromagnetic] lines of force in the human body arising from the center core and the brain polarity, whirling in opposite directions. Anterior and posterior.

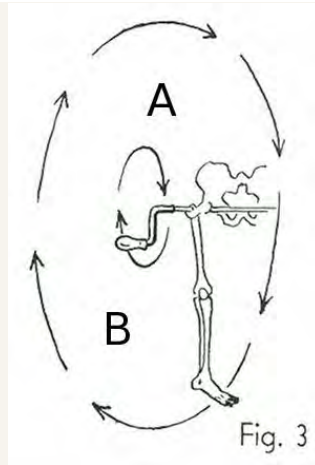


(A) Sign of Aries

(B) Brain

These long waves flow on the surface and through the muscular structure of the anterior and posterior half of the body. They respond to stimuli mostly at the polar extremities, and reflex from the neuter [neutral] pole.

(A) Right hand turn from center weight



(B) Operator facing patients [patient's] right side

Illustration Keywords: +, -

[Book 2, Chart 4](#) ~ [Book 2, Chart 6](#)

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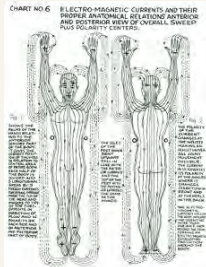
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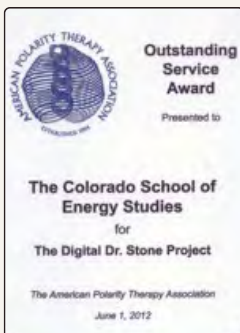
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Chart No. 6 - Electro-Magnetic [Electromagnetic] Currents and Their Proper Anatomical Relations Anterior and Posterior View of Overall Sweep Plus Polarity Centers.

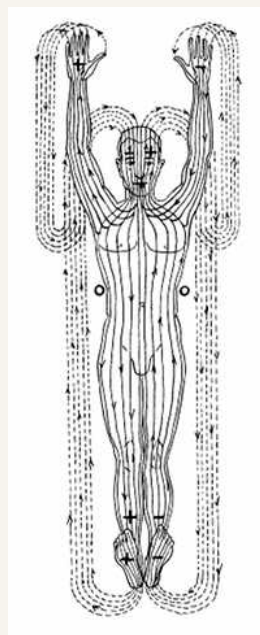


Fig.1 shows the palms of the hands relating to the anterior sensory part of the body. It gives the correct position of thumbs in relation to central area of entire body. Each half of the body is divided into 5 [five] longitudinal areas by 5 [five] energy currents sweeping through from the top of the head and fingers to tips of the toes. Opposite in direction of flow and in polarity on each side and on anterior and posterior part of body.

The soles of the feet when bent upward fall in line with the anterior currents and the top of the feet with the posterior currents the same as the hands.

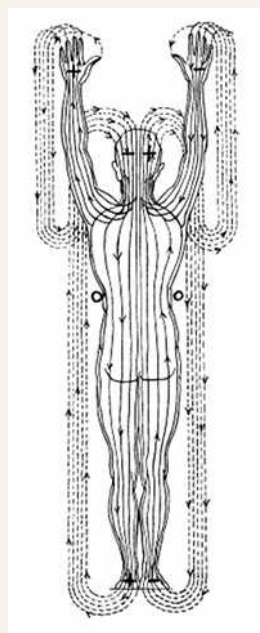


Fig. 2 The polarity of the current changes at the wrists making an almost universal joint movement possible. The current also reverses its polarity at the ankles where it changes direction in front and at the heels in the back.

The electro-magnetic [electromagnetic] currents follow the body outline and extend no more than one-half inch beyond the skin, forming an electro-magnetic [electromagnetic] enveloping protection around the body.

Illustration Keywords: +, 0, -

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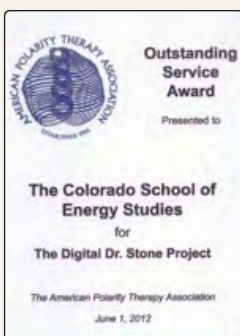
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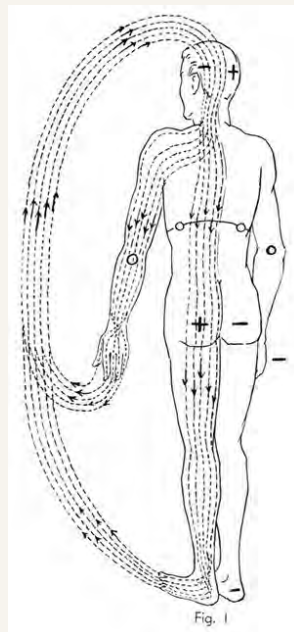
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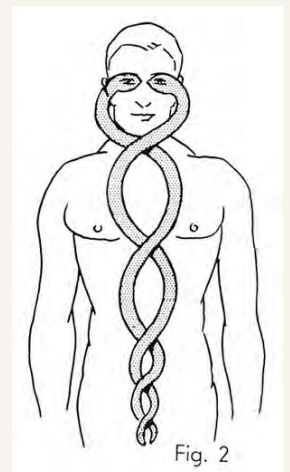
Chart No. 7 - Electro-Magnetic [Electromagnetic] Waves of the Body and Their Polarity Also Currents From Each Lobe of the Brain.



Left foot leads in marching. The anterior upward sweep lifts the foot. Every joint is a neuter [neutral] point. Currents cross over at the ankle joints and at the wrists changing polarity.

The caduceus as the dual wireless brain energy waves operating in the body in the etheric matter as two polarized currents around a neutral core of supra [super] sonic [supersonic] energy, giving a vibratory impulse to every cell in conjunction with the cosmic energy current latent in the oxygen.

Mind energy waves do not need wires for conduction of its alternating impulses. Mind substance itself is a perfect continuous media plus ether. Concentration of mind energy is the directing power of its substance. It acts by preponderance of impulse, impact or mental weight.



These straight lines are an extension of the brain waves seen as tensions with gravity pull in action on muscles of the back.

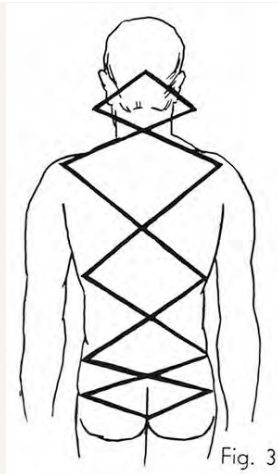


Fig. 3

Horizontal waves electro magnetic [electromagnetic] energy flow.

Lateral direction of energy impulses influence these waves. They correspond to the east and west currents of the cosmos.



Fig. 4

Illustration Keywords: +, 0, -

[Book 2, Chart 6](#) ~ [Book 2, Chart 8](#)

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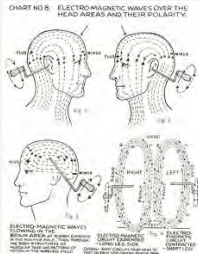
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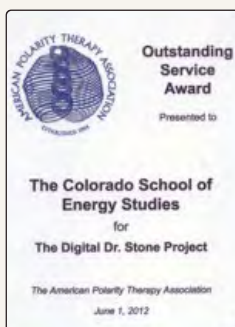
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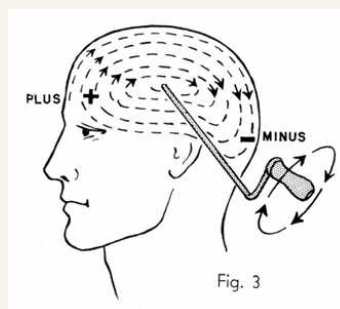
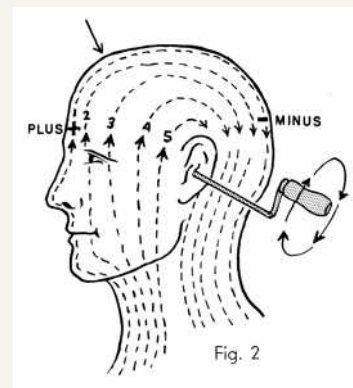
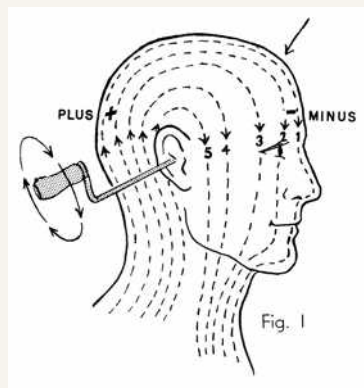
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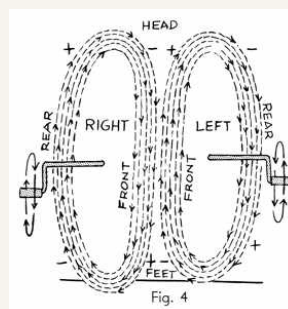
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Chart No. 8 - Electro-Magnetic [Electromagnetic] Waves Over the Head Areas and Their Polarity.



Electro-magnetic [electromagnetic] waves flowing in the brain area as energy currents in the positive pole, then through the body structures as muscular tone and patterns of motion in the wireless field.

Electro-magnetic [electromagnetic] circuit expanded - long leg side



Electro-magnetic [electromagnetic] circuit contracted - short leg

Overall body circuits from head to foot on each side govern muscle tone.

*Illustration Keywords: (fig. 1-3) plus, minus, +, -
(fig. 1-2) 1, 2, 3, 4, 5
(fig. 4) head, feet, right, left, front, rear*

[Book 2, Chart 7](#) ~ [Book 2, Chart 9](#)

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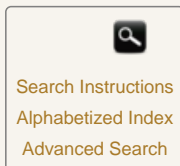
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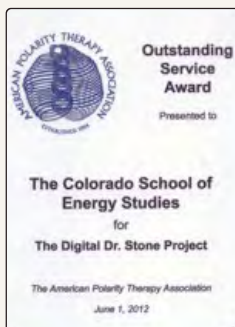
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Chart No. 9 - Wireless Energy Therapy Chart of Five Pointed Star

The geometric lines of force of this star are important contact points for the release of energy blocks.

Fig. 1 represents the anterior sensory angles of force, and their interrelationship. The top of the star at the throat center is the source of the current in the etheric field and the audible sound energy. In the pelvic basin at the bottom is the sum total force accumulation of all the sensory tension and emotional frustration. The two lowest points of the star rest on the pelvic basin as a whole. Here the individual vital force, the electro-magnetic [electromagnetic] currents and the gravity pull of the earth, all interact. Nature has placed the centers and outlets for the vital and emotional energies in the pelvis. These can also be released through inhibition over the attachments of the abdominal muscles to the pubic bone. The psoas magnus [psoas major] and iliacus muscles are also very important factors in the gravity pull - electro-magnetic [electromagnetic] action - upright position of the body - and anterior posterior relationship of each half of the body. The polarity currents and the short leg also have a major factor here in front. Deep inhibition reaches them.

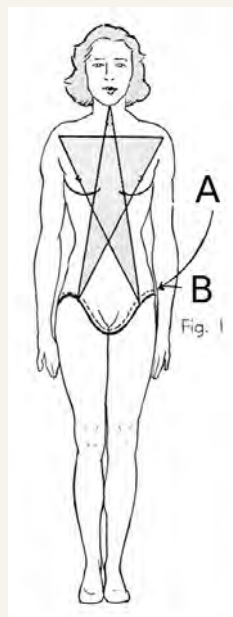


Fig. 1

(A) Release to the throat center, the shoulders, and the occipital and cervical region can be accomplished here by inhibition and directional impulse at this basic line of force as the anterior foundation for all superior structures.

(B) Functional reflex to the throat and shoulders.

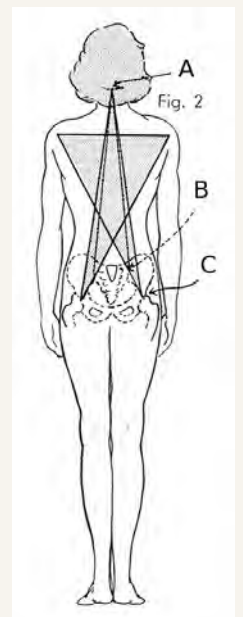


Fig. 2

(A) Foramen magnum

(B) Sacral articulation relationship

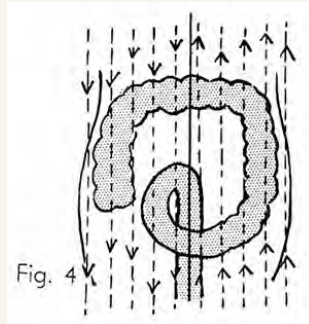
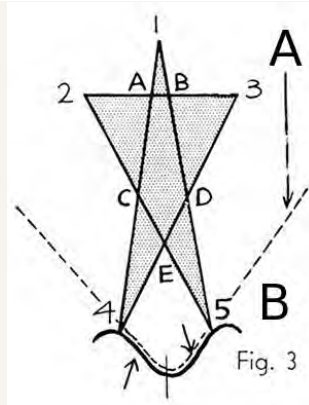
(C) Gravity balance to foramen magnum

The pelvic floor has a definite effect on anterior pelvic tension.

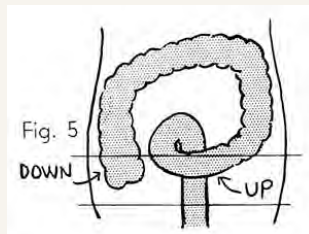
Fig 2 gives a clear cut picture of the relation of the 2 [two] hip joints as the foundation to the occiput, the foramen magnum, and the position of the head influenced by gravity pull. Shoulder joints and hip joints in their relation of diagonal muscular stress and lines of bracing force and cross over of tension relationship.

(A) Contact points at the intersection of lines of force and on the foundation.

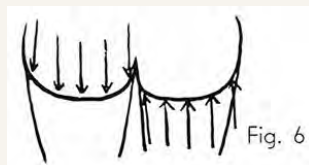
(B) See [Chart 10](#)



Normal colon in relation to energy lines



Distorted colon due to electro-magnetic [electromagnetic] pull



Light contacts for parasympathetic therapy

Perineal technique [see Charts 30 and 31] is very effective in pregnancy where pelvic stress and strain causes much leg pain.

*Illustration Keywords: (fig. 3) 1, 2, 3, 4, 5, A, B, C, D, E
(fig. 5) down, up*

[Book 2, Chart 8](#) ~ [Book 2, Chart 10](#)

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(B) Sigmoid valve as a heart reflex. Treat toward inferior and posterior position against the current to release heart spasms.

Arrows on lines or along sides of them indicate the directional force in the contact. This is accomplished by the line up of the fingers, the forearm and the humerus in the exact angle of the impact of energy and held long enough to create a molecular push in the current flow.

All lines which cross over from one side to the other belong to the bipolar brain reflex chain of the caduceus.

Soreness and tension over any organ is a protective measure of the deeper tissues and an extension of the soreness and stagnation to the surface area. Release energy blocks by directional contacts in the line of force.

All the areas and organs which the lines of force pass over in their ascending flow, have their representative reflexes above the diaphragm in exactly the same order as they were passed. So the ovaries and pelvic organs have their reflex in the breasts on the opposite polarity side. Other organs follow in line and can be traced. By the same token the diaphragm has a definite reflex below Poupart's [inguinal] ligament on the muscles of the thighs on each side. This is a valuable reflex to release in spasms of the diaphragm.

Respiration is the first act of life. The diaphragm has a definite superior positive pole - a neuter [neutral] pole and an inferior or negative pole where it can be influenced.

Energy impulses flow downward. The return currents are the reflex impulses flowing upward. These may cross over at neuter [neutral] points and centers or flow straight as electro-magnetic [electromagnetic] lines of force and as gravity impulses. Current resistance anywhere becomes reflex pain.

Illustration Keywords: foramen magnum, throat, head reflex, head and neck reflexes, akash [akasha, aakaasha], ether, sound reservoir, thyroid as governor of oxygen intake, shoulder, superior positive pole of the diaphragm and respiratory reflexes, neuritis, sigmoid reflex, gall bladder reflex, left kidney reflex, liver reflex, ovarian reflexes over the breasts, neuter [neutral] pole of respiration, first rib, circulation reflex, airy region, 1, 2, 3, 4, 5, heart reflex, esophagus reflex, stomach reflex, pylorus reflex, ileo caecal [ileocecal] spasm causing coronary heart reflexes, ampulla of Vater [hepatopancreatic ampulla] reflex, caecum [cecum], diaphragm, umbilicus, colon, thyroid reflex, ovary, to left shoulder, to stomach, fire of digestion, reflex to liver, hip reactions to right shoulder, directional force to pubis for release of blocks., pelvic water basin, psoas magnus [psoas major], iliacus muscle, Poupart's [inguinal] ligament, rectus [rectus abdominus] muscle, negative pole of diaphragm reflexes, thighs - running respiratory reflexes, perineum

[Book 2, Chart 9](#) ~ [Book 2, Chart 11](#)

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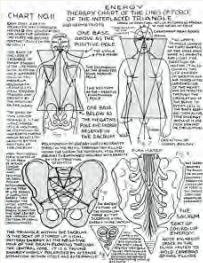
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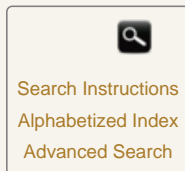
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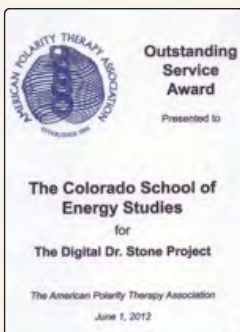
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Chart No. 11 - Energy Therapy Chart of the Lines of Force of the Interlaced Triangle

Each oval area is polarized into superior + middle 0 and lower - pole. The negative gathers the force and becomes positive to all centers below it.

The base of the upper triangle of inner energy is the life force with its posterior + superior pole in the medulla oblongata. It reflects vital energy tension and gravity by the position of the head.

The upper triangle conveys the fiery energy of the head downward as warmth and light for direction of motion. It also conveys the life energy of breath and air mixed in the carburetor of the heart and distributed through the circulation of the blood to every cell in the body keeping them alive. This energy impulse is the push behind the circulation.

God geometrizes

(A) One base above as the positive pole

(B) The uvula + pole inside

(C) The diaphragm as the 0 neuter [neutral] functioning pole

(D) The rectum as the - negative functioning pole

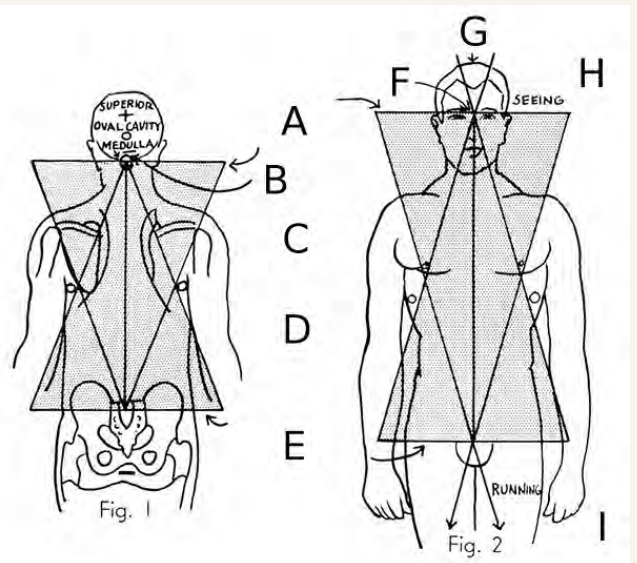
(E) One base below as the negative pole and energy reserve in the sacrum

(F) Pubic reflexes to the sinuses

(G) Space of spiritual influx pictured as Athena in the head of Zeus

(H) Creation of ideas above

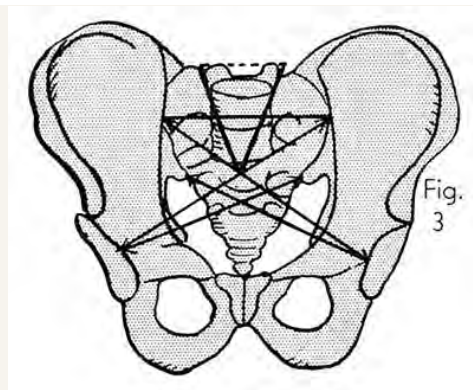
(I) Creation of forms below



The base of this lower triangle is the vital force. It is a mixture of cosmic water and earth energy which reacts to gravity by the position of the sacrum.

When this sleeping force is lifted up to the brain by intense concentration and devotion the serpent power ascends upward on the tree of life whence it came. This energy then awakens the latent sleeping force in the pineal gland (the pine cone center) and unfolds the pattern of cosmic consciousness.

Relationship of energy lines and gravity



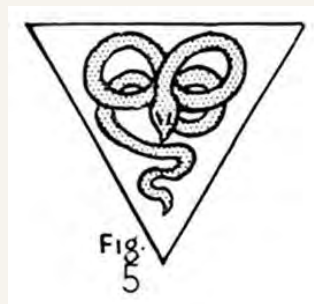
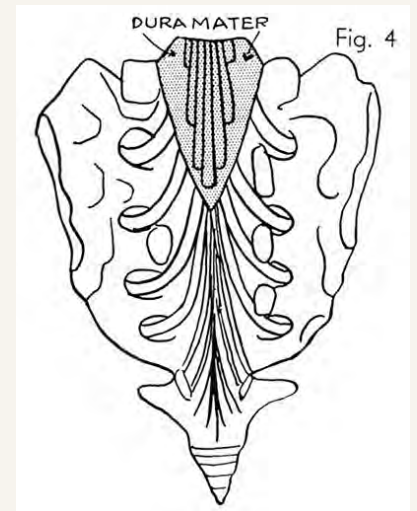
stress in the pelvis. Through this fluid within the sacrum the individual vital force relates to earthiness and joins with gravity by its attraction to earth.

The triangle within the sacrum is the seat of stored up vital pattern energy as the negative pole of the brain flowing through the central core. It is a triune energy highly polarized by intense attraction within itself and externally

This energy becomes the bow of the archer Sagittarius [Sagittarius] through the expression of force in the thighs directed upward or downward

The sacrum
Seat of coiled up energy

Note enlarged space in the dura mater to hold cerebro spinal [cerebrospinal] fluids



An ancient picture of the Kundalini force as the sleeping vital energy in the sacrum

This center is the lower irrational pole opposite to the brain where directive intelligence resides. Here below is a relentless drive of force downward and outward like a mainspring coiled up and tense.

*Illustration Keywords: (fig. 1) superior, +, oval cavity, 0, medulla, -
(fig. 2) seeing, running
(fig. 4) dura mater*

[Book 2, Chart 10 ~ Book 2, Chart 12](#)

[Book 4, "Comments on Reprint of Chart No.11 from Book II"](#)

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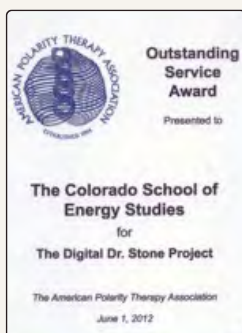
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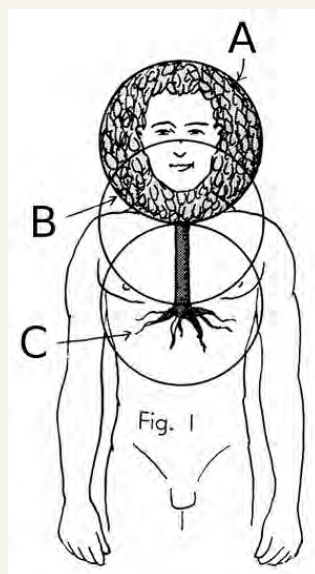
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Chart No. 12 - Trees of Life in Man. Divine and Physical. Emphasis of Past and Present Viewpoints.



In the brain lie the pattern fields of mind and energy as the crown of creation. In the brain also is the blossom of life's fruits and experiences as consciousness and blissful realization.

(A) Screen of consciousness. Viewer and sound effect center.

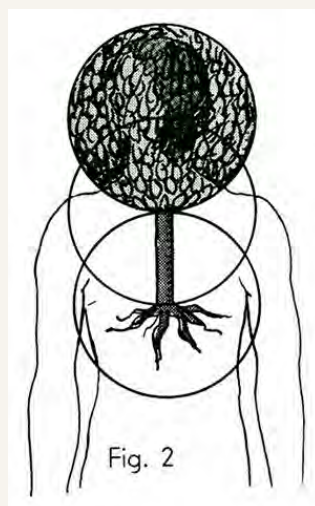
(B) Transmitter and loud speaker

(C) Sensory root system of feeling thru [through] the heart center condensing the finer life currents of sound energy and beating it out in rhythmic pulsations.

(A) Vibration radiation antennae

(B) Condenser bulb

A nerve cell with branched dendrites from the cerebellar cortex of a rabbit. This nerve tissue also looks like a miniature tree.



Anterior and posterior view of the divine tree of life in man as seen by Jacob Bohme in the 16th century.^[1] Its roots are in the heart center of feeling, love and devotion, growing upwards into the divine world of ideas, it brings forth the fruits of knowledge and illumination.

Trees are energy forms growing in gardens - ovals and

spheres of composite energy fields out of their very ground or centers and bring forth fruit thru [through] experience. The tree of life is portrayed here in the very center of the garden the temple or body of man in the etheric vibratory sphere of Eden above the firmament or diaphragm. Trees, in scriptures have a deeper meaning, like the Christmas tree for the pine center in the brain, the pineal gland function of illumination. The sephiroth [sephiroth, sefiroth, sefirot] tree of life of the Kabbalah [Kabbalah, Kabala, Cabala], the secret doctrine of Israel, has a similar design as Fig. 3 of the nervous system. All emanations in creation are centrifugal and descend from Kether [Keter], the crown of creation, the brain, as the positive pole. Chochma [Chokhmah, Hokhmah], the center of wisdom, of creative speech, equals the middle sphere of Fig. 1. Binah, understanding, the heart center of comprehension thru [through] feeling represents the lower sphere of the triad as the negative pole. Bohme's tree of life represents the centripetal energy of contemplation and illumination.

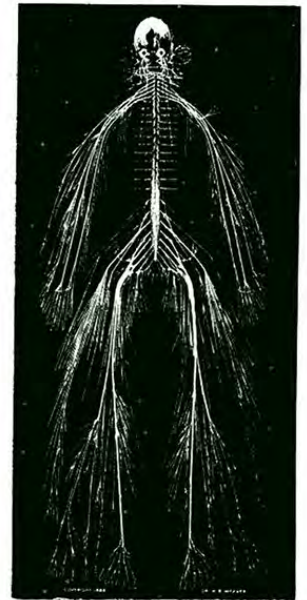


Fig. 3

Man's nervous system emanating from the brain as its root and source like the Kabalistic tree of life. Physical trees of life in the body of man are pathways of the energy currents for the expression of the 5 [five] motor and the 5 [five] sensory senses like the 10 [ten] sephirothic centers of the sephirothic tree of life. The circulation circuits of the body fluids of blood and lymph represent another tree of life with its fruit. The muscular structure reveals another tree with branches that look like a complete man. The external and internal skin reveals a similar design. The bony skeleton is also a form of a tree in man.

These 5 [five] types of trees are the 5 [five] modes of energy spinning as spheres or fields and out of their centers - currents arise as a new pattern of composite energy which has this symbolic form of life, as a natural growth. All cells are electro-magnetic [electromagnetic] conductors and oscillate [oscillate]. They respond to all 5 [five] modes of energy flowing thru [through] them constantly - called prana in the East.

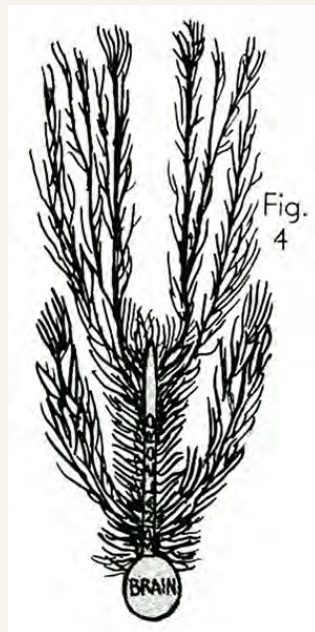


Fig. 4

The brain as the root system of generators condensers [condensers] and transformers

Fig. 3 inverted [inverted]; planted like a tree with its root system in the ground. Man is a higher creation with his roots in heaven and his feet on the earth.

The great pyramid of Gizeh [Giza] is a symbol of the temple of man in which his soul lives and ripens thru [through] experience to ascend thru [through] apparent solid matter to divine regions of its own.

In the pyramid of matter all dimensions of past and future lie hidden.

The pyramid rises out of mother earth as one solid structure of stone 486 [four hundred eighty six] feet high covering 13 [thirteen] acres. The base of each of the four

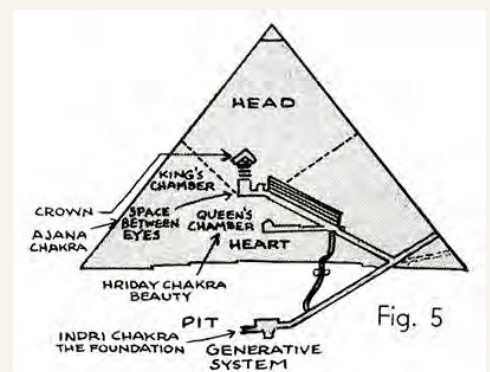


Fig. 5

triangular sides is 764 [seven hundred sixty four] feet long. These symbolize the four polarized primary elementary forces of matter like the four rivers of Genesis flowing out of one river. See pages 8-9-10 and illustrations on pages 30-31 in *"The New Energy Concept of the Healing Art."*^[2] The base of the great pyramid is the terra firma or the firmament of the diaphragm. In that, it agrees with the divine tree of Bohme. The pit, or the generative sphere is below the earth sphere of the abdomen in this world of mother earth and nature which supports the structure above it on this earth. The limestone cover which once glistened in the sunlight represented the skin.

*Illustration Keywords: (fig. 4) brain, spinal cord
(fig. 5) head, crown, Ajana [Ajna] chakra, space between eyes, king's chamber, Hridaya [Hridaya] chakra, beauty, queen's chamber, heart, Indri chakra, the foundation, pit, generative system*

¹ Jakob Böhme, also Jacob Boehme, (1557-1624), a German theologian and an early Lutheran thinker.

² In The Complete Collected Works, pages [9-14](#) and Charts [4](#) and [5](#), pages 48-49 of Book 1.

[Book 2, Chart 11](#) ~ [Book 2, Chart 13](#)

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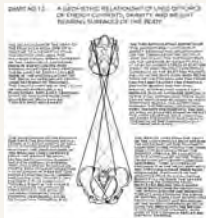
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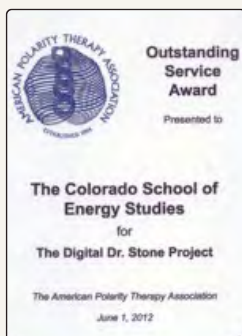
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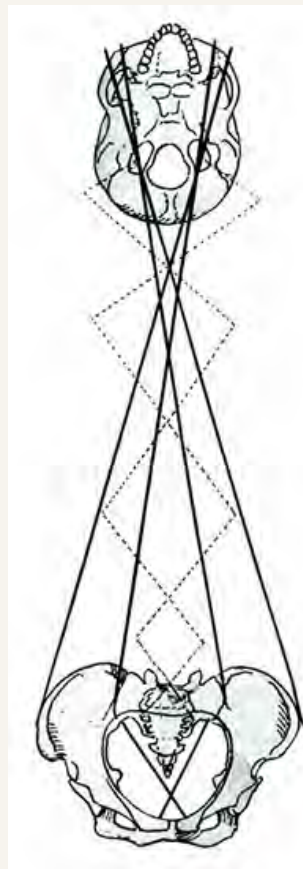
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Chart No. 13 - A Geometric Relationship of Lines of Force of Energy Currents, Gravity and Weight Bearing Surfaces of the Body.



The relationship of the head to the pelvis is a vital one of a positive to a negative pole. The dotted lines are the polarized dual brain currents of the caduceus, crossing over in every center and producing actions and reactions. These lines of stress can be seen in the musculature of the back in irregular crossover patterns of tensions. The causes may be in the pelvis or found anteriorly as functional reflexes crossing over to the superior and posterior. Both can be traced and released.

The relationship of the symphysis pubis [pubic symphysis] and the sacroiliac articulation is clearly shown as well as its interrelated superior reflexes. The crossing over of the bracing lines of force from the weight bearing sacral articulation is about the fifth dorsal [thoracic, T5] vertebra. That has a great bearing on middle back pain and indigestion. It also shows in reverse how indigestion can cause lumbago and sacroiliac trouble. And further it puts digestive trouble right in the middle as a cause or an effect of many pains in the back of the head, occipital pains, frontal headaches, atlas articulation trouble, etc.

The two articulating surfaces of the sacrum and ilium have a direct bearing and relationship on the condyles of the occiput and the atlas. The superior rests on the inferior by gravity pull. It is also under stress of reactions from its own polarity and reflex currents of the electro-magnetic [electromagnetic] fields in the body even when resting. Each of the five oval and functioning cavities and centers can produce definite blocks and reflexes. Mental distributing waves can produce blocks anywhere especially

in the vital central axis. These also can be traced and released as mental emotional blocks, in a surprising manner. The perineal, coccygeal, and pubic therapy are powerful factors as well as reflexes found in the feet, the most negative pole. Vomiting releases the stomach and the fifth dorsal [thoracic, T5] also the diaphragm and the head reflexes.

The reflex lines from the cavity of the ilium and its brim and along the upper part of the Poupart's [inguinal] ligaments, are mostly functional, digestive reflexes from the sigmoid, caecum [cecum], or congestion of the ampulla of Vater [hepatopancreatic ampulla]. These cross over at the fifth cervical [C5] vertebra. That is literally catching it in the neck. Stiff necks and torticollis have their foundation here. Finding it in the negative pole as a causative block will release the severe pain due to spasms from reflexes below. Only when these blocks are removed will the spasm subside and inhibitive therapy and draining the fibres [fibers] of central congestion be attempted. Removing causes and balancing of the energy currents by polarizing the above with the below, is the indicated therapy. Also look to the stomach reflex and dietetic errors.

[Book 2, Chart 12](#) ~ [Book 2, Chart 14](#)

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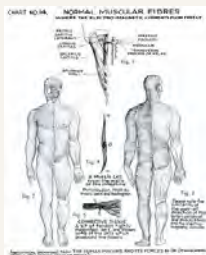
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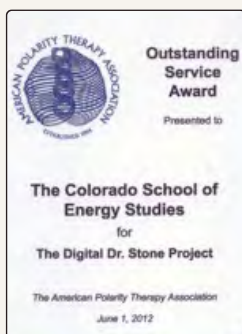
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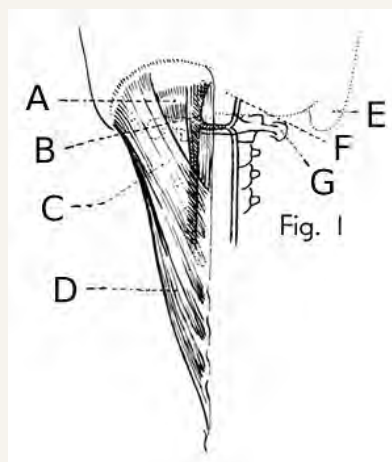
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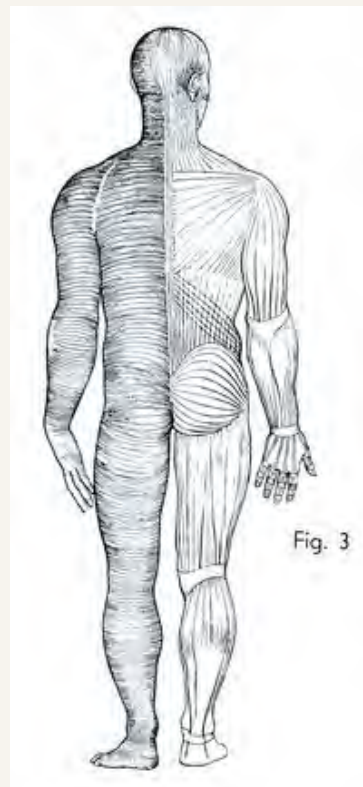
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Chart No. 14 - Normal Muscular Fibres [Fibers] Where the Electro-Magnetic [Electromagnetic] Currents Flow Freely

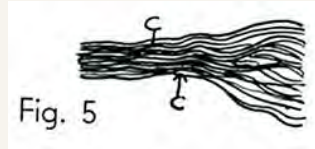
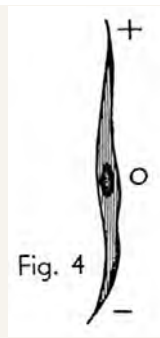


- (A) Rectus capitis lateralis
- (B) Longus capitis [capitis]
- (C) Splenius capitis
- (D) Splenius coli [colli]
- (E) Mastoid process
- (F) Medulla
- (G) Transverse process of atlas



Please note the similarity of the over-all [overall] direction of the polarization of the muscle fibres [fibers] and the electro-magnetic [electromagnetic] circuits.

A muscle cell from the walls of the intestine
Physiology 1909 by Profs. Conn and Budington



Connective tissue

A bit of tendon highly magnified. At C are shown some of the cells which produced the fibers.

Anatomical drawings from The Human Machine and Its Forces by Dr. Dewanchand Varma of London. (Out of print).

Illustration Keywords: +, 0, -

[Book 2, Chart 13](#) ~ [Book 2, Chart 15](#)

[American Polarity Therapy Association](#)

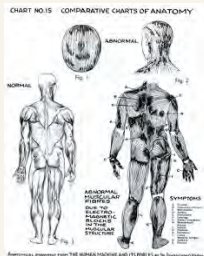
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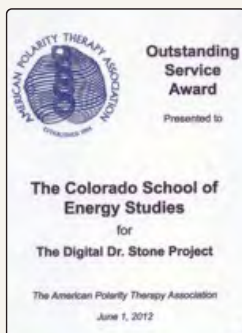
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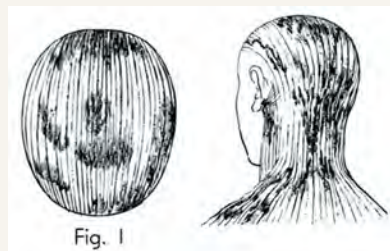
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Chart No. 15 - Comparative Charts of Anatomy

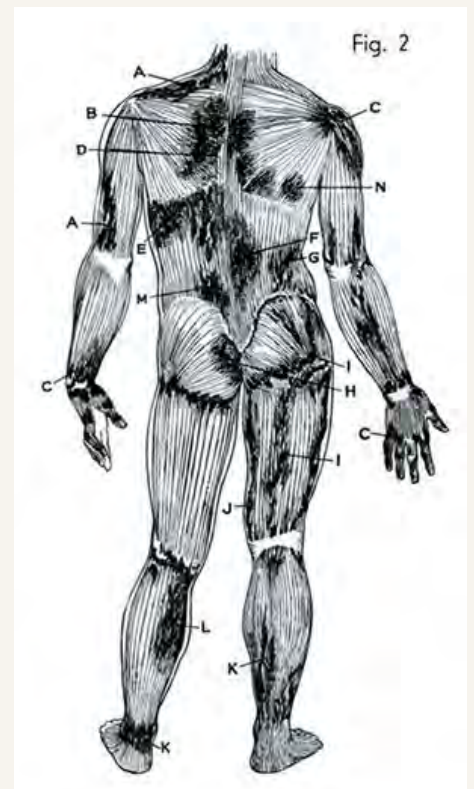


Abnormal

Abnormal muscular fibres [fibers] due to electro-magnetic [electromagnetic] blocks in the muscular structure

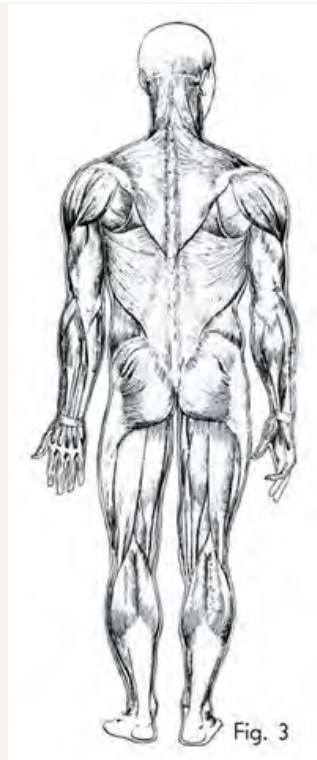
Symptoms

- (A) Neuritis
- (B) Pulmonary Affections
- (C) Rheumatism
- (D) Asthma
- (E) Tuberculosis
- (F) Lumbago
- (G) Kidney Complaints
- (H) Haemorrhoids [Hemorrhoids], Fistula
- (I) Sciatica
- (J) Phlebitis
- (K) Ulceration
- (L) Cramp, Muscular Atrophy
- (M) Arthritis
- (N) Pleurisy



Normal

Anatomical drawings from The Human Machine and Its Forces by Dr. Dewanchand Varma of London. (Out of print).



[Book 2, Chart 14 ~ Book 2, Chart 16](#)

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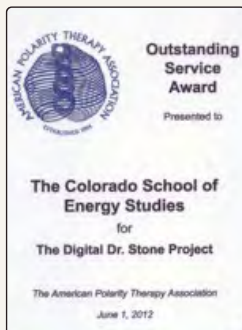
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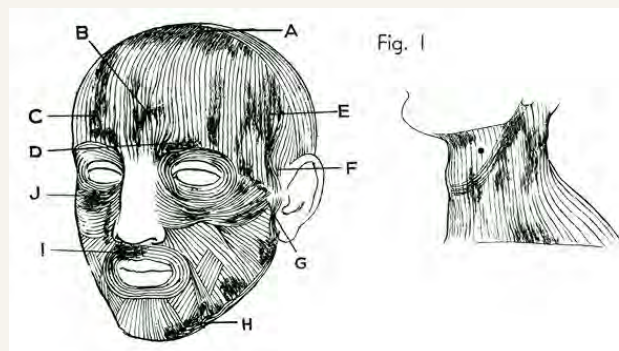


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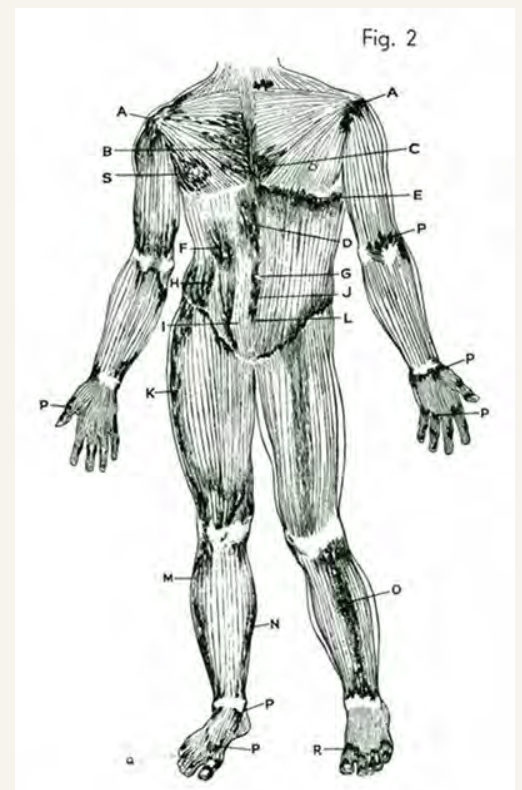
Chart No. 16 - Comparative Charts of Anatomy

Abnormal



Symptoms
(A) Mental disorders
(B) Catarrh
(C) Neuralgia
(D) Eye diseases
(E) Headache
(F) Deafness
(G) Head noises
(H) Caries [tooth decay],
neuralgia of jaw
(I) Facial neuralgia
(J) Sinusitis

Symptoms
(A) Neuritis
(B) Bronchitis
(C) Heart affections
(D) Gastric complaints
(E) Affections of lungs
(F) Affections of liver
(G) Affections of kidneys
(H) Appendicitis
(I) Constipation
(J) Affections of genitals, lymphatic
ganglia
(K) Sciatica, phlebitis
(L) Bladder affections
(M) Eczema
(N) Cramp, ulceration
(O) Muscular atrophy
(P) Rheumatism
(Q) Chilblains
(R) Beger malady
(S) Cancer



Normal

Anatomical drawings from The Human Machine and Its
Forces by Dr. Dewanchand Varma of London. (Out of
print).



[Book 2, Chart 15](#) ~ [Book 2, Chart 17](#)

[American Polarity Therapy Association](#)

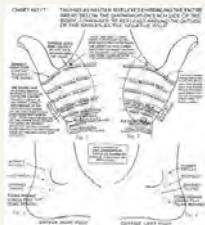
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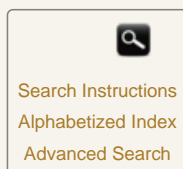
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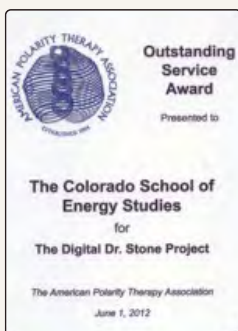
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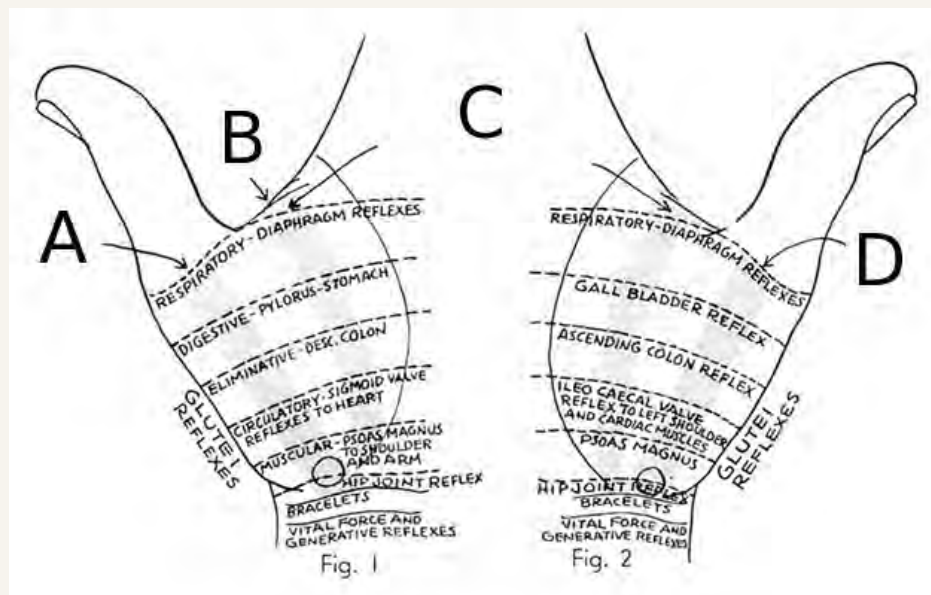


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Chart No. 17 - Thumbs as Neuter [Neutral] Reflexes Embracing the Entire Areas Below the Diaphragm on Each Side of the Body, Compared to Reflexes Around the Outside of the Ankles as the Negative Pole.

The thumbs have an etheric quality by being in the center line of the electro magnetic [electromagnetic] circuit. In this center current they partake of the brain impulse chain of the caduceus, which cross over from side to side through neuter [neutral] centers, so the thumb webs contain reflexes of organs situated laterally and also reflex to the negative pole of the heels on the outside.



(A) Shaded area for contact against the bone.

(B) Shaded area for contact in the web on both sides of hand.

(C) These two soft tissue contacts represent the negative reflex poles in the thumbs. The contact on these is from both sides to engage the reacting blockade, the tender spots, and tense tissues between the operator's fingers.

(D) The two shaded areas for contact along the bone of each thumb represent the positive reflex poles which have more effect on the muscular structures of those areas.

See [Chart 4](#) for comparative areas of thumbs 0 body + and foot - reflexes.

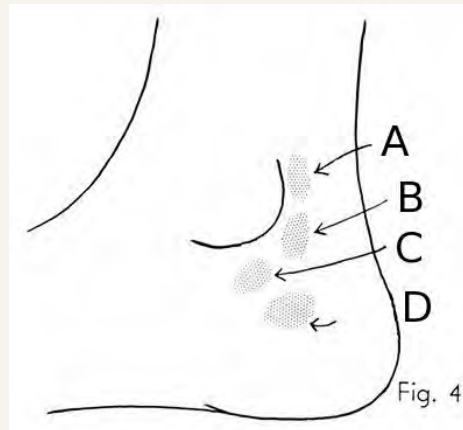
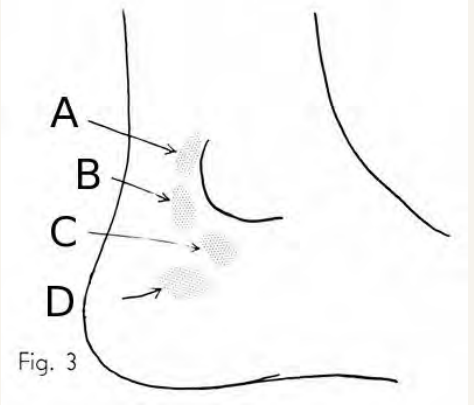
Outside right foot

(A) Kidney reflex

(B) Ileo caecal [ileocecal]

(C) Ovaries, testes

(D) Psoas magnus [psoas major], iliacus plus pelvic reflexes



Outside left foot

(A) Kidney reflex

(B) Sigmoid

(C) Ovaries, testes

(D) Psoas magnus [psoas major], iliacus plus pelvic reflexes

Illustration Keywords: respiratory - diaphragm reflexes, digestive - pylorus - stomach, gall bladder reflex, eliminative - desc. [descending] colon, ascending colon reflex, circulatory - sigmoid valve, reflexes to heart, ileo caecal [ileocecal] valve, reflex to left shoulder and cardiac muscles, muscular - psoas magnus [psoas major], to shoulder and arm, hip joint reflex, bracelets, vital force and generative reflexes, glutei reflexes

[Book 2, Chart 16](#) ~ [Book 2, Chart 18](#)

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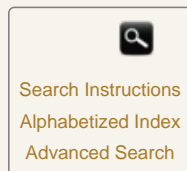
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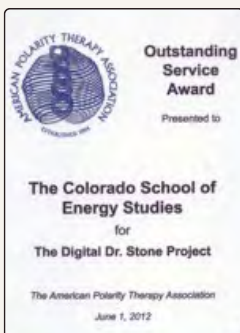
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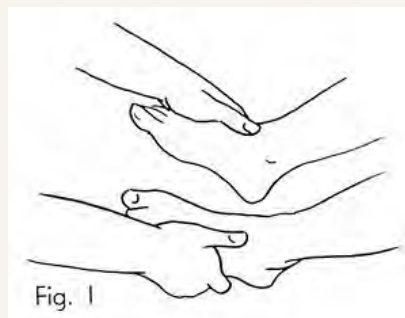
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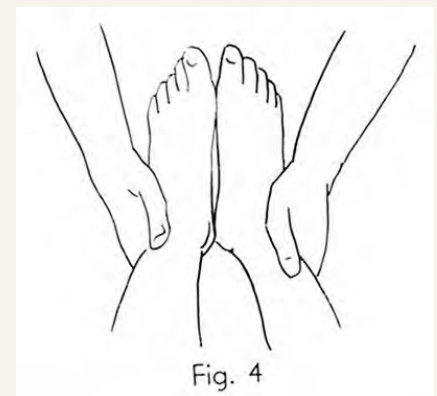
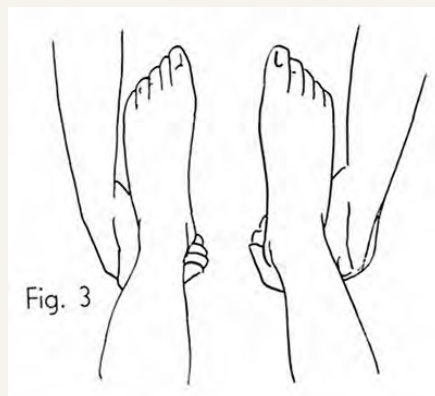
Chart No. 18 - Measuring the Legs for Comparative Length to Determine the Side of the Most Contracted Electro Magnetic [Electromagnetic] Circuit Which Is One Definite Measure of Imbalance, Distinct from Gravity.



Grasping the side of each foot with a gentle but firm touch evert them to straighten the heels and bring them together slowly with the big toe joints matching. This gives the overall picture of the length at the bottom of the heels. Chart the short leg only.

The electro magnetic [electromagnetic] field on each side of the body is the overall current which is responsible for more tension on one side of the body than the other. See [Chart 8 - Fig. 4](#).

In illness, the body is out of balance; there is more tension and obstruction on one side and this is the inherent weak side from birth, that shows up in every illness.

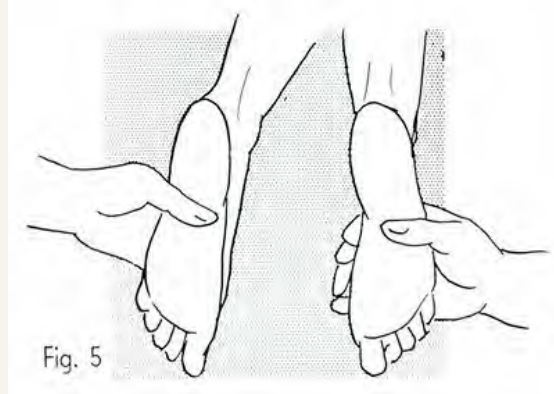


Another contact for measuring the legs is shown here with the hands under the heels and ankles - bending the heels out to straighten them - then bring them together and look for comparison at the heels for the length of legs. The short leg is the factor.

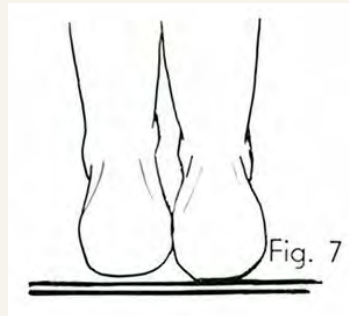
Keeping the electro magnetic [electromagnetic] fields in balance would be a fine health measure. Balance of energy currents must be restored in every sickness before health can be realized.

When the short leg has become long and stays long, it indicates that the tense magnetic field on that side has responded and normal repair currents are at work. The patient's improvement will verify it.

Even legs indicate improvement and are considered normal.



A similar contact is taken with the patient face down. Evert the feet, so there is a straight line down the center of each leg to the heel and compare them. Measurement differs slightly in this position from the front measurement.



Showing the left leg short.

[Book 2, Chart 17 ~ Book 2, Chart 19](#)

[Book 4, "Comments on Reprint of Chart No.18 from Book II"](#)

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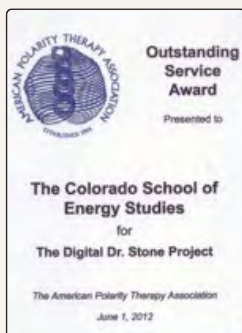
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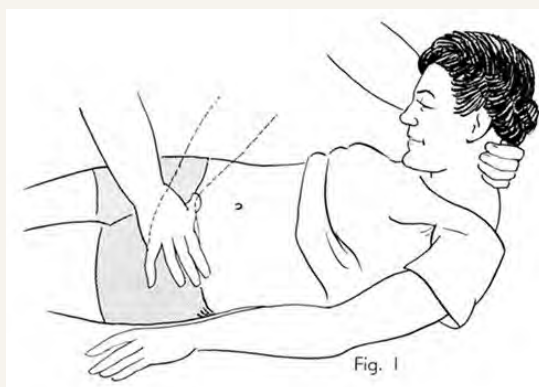
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Chart No. 19 - A Technique to Release Motor Energy Blocks Immediately Above the Pubis for Bladder-Urinary-Rectal-Uterine and Prostatic Trouble. Coccyx Correction for Piles and Coccygodynia.



Tension and soreness found in the rectus abdominalis [rectus abdominis] and the pyramidalis muscles usually means that the structures underneath are in trouble. Look for bladder, rectal, prostatic or uterine disturbance. However, the release of this tension above the pubis gives remarkable results. The thumb is placed over the spastic muscle, flat and level, like a rocker runner, to cover the area. Then with the other hand under the neck and the occiput, the body is raised gently

for a good stretch. Hold it a moment.

Directional contacts on the contracted muscles next to the pubis, can be held without a neck stretch with good results. The lift is for coordinated correction and the release of heavy spastic muscles. One lift on the short leg side is usually sufficient at one treatment.

With the thumb close to the symphysis pubis [pubic symphysis] giving the contact an inferior as well as a posterior direction acts as a powerful correction for the superior pubis and shortens [lengthens?] the leg on that side. Muscle tension can be released on both sides but the inferior angle should only be used on the short leg side.

A correction of the anterior sacral base. Here the flat thumb is placed above Poupart's [inguinal] ligament, about its middle region, for directional pressure posteriorly on the anterior base of the sacrum. The head lift is used as above. This is applied to the opposite side of the short leg for the release of the anterior sacral base. It lengthens the short leg.



Contraction of tissues on either side of the coccyx is usually overlooked in most examinations because these lumps cannot be felt unless the tissue is engaged between the internal and external examining fingers. Spastic tissue at this vital spot interferes with the action of the ganglion of impar and its positive pole in the brain by reflex action. It is a vital factor in coccygodynia and hemorrhoids. For leg pains release the central energy blocks here.

Anterior surface of the coccyx

Lump may be found on either side.

Fig. 3



This contracted tissue is the real motor energy block. One finger is inserted into the rectum to examine the anterior articulations of the coccyx and both sides for congested lumpy tissue. The first finger of the other hand slides along on the outside of the coccyx and tissues directly opposite the internal finger. It is between these two fingers examining with moderate pressure that many conditions are found which one finger alone would miss. For relief, the stagnant contracted tissues must be engaged between both fingers and the energy blockade released by pressure manipulation.

Fig. 4



[Book 2, Chart 18](#) ~ [Book 2, Chart 20](#)

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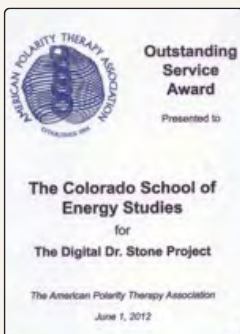
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Chart No. 20 - A Stomach Release and Abdominal Contacts for the Stimulation of the Lacteals and Stagnant Energies.

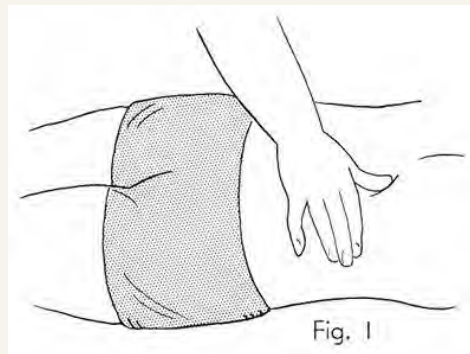


Fig. 1 shows the patient on the back and the hand of the operator makes mild directional contact under the pylorus with the head lift to release stagnation by emptying the stomach.

Fig. 2 shows a free hand contact over tender areas on the abdomen with a partial twist and a firm grip on the tissues with the direction upward toward the opposite shoulder. The hand opens and closes repeatedly for a gentle stimulation to the muscles and fatty tissues.

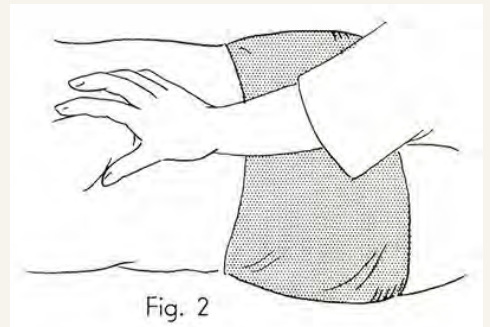


Fig. 3 gives a double hand contact with a firm twist of the loose fatty tissue for stimulating the lacteals and producing better drainage. It is a digestive and bowel stimulation by directional energy against the electro magnetic [electromagnetic] flow.

[Book 2, Chart 19](#) ~ [Book 2, Chart 21](#)



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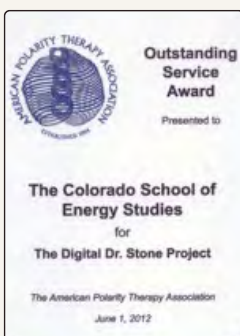
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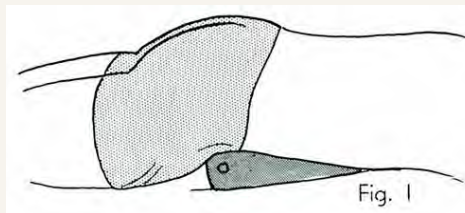
Polarity Therapy Volume 1, Book 2

Chart No. 21 - Sacral Release by a Support Underneath and Directional Force Applied Posteriorly and Laterally.

The anterior sacral base is usually the sore side and is tender to the touch, regardless of which is the short leg. Many times pressure on the same innominate [hip] toward the floor releases the articulate tension and pain in this neuter [neutral] joint.

There is a definite relationship between the anterior sacral base and the lateral atlas on that side. These joints need careful checking as they are the two poles of the housing of the vital forces. A posterior dorsal [thoracic] curve also has its relationship and effect on the sacro iliac [sacroiliac] articulation release.

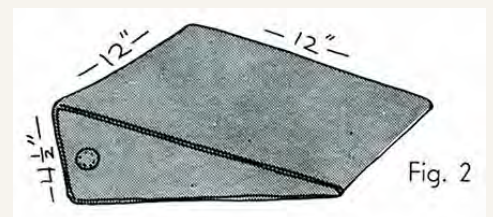
This is the basis for most pelvic tension release. No bony adjustment is aimed at here. Only the release of spastic tissue by directional force correctly employed to balance the sacral base and the vital force relationship with the rest of the body's energy fields.



A position face down with a firm cushion support above the pubis, to raise and support the sacral base.

When there is posterity [posteriority] in the lumbar curve - no cushion is needed for this therapy.

This cushion is firm and pliable, handmade of special rubber, with a plastic cover. The taper and the firm edge have their advantage for therapeutic use. It gets closer to the point of support than a round one.



The posterior sacral base is usually on the short leg side. Test for it. The short leg will get longer if your finding and application is correct.

A contact over the posterior base of the sacrum with the elbow and a thumb contact under the anterior base on the opposite side on the tense thigh muscles with a lifting directional force toward the opposite shoulder. A moderately firm pressure is maintained on both contacts until relaxation takes place. It can be repeated. It releases sacral twists caused by motor blocks in the spastic tissues. It has a very good relaxing

effect upon the entire body.

The relationship of the sacral center as the negative pole to the medulla, the positive pole is clearly illustrated in [Chart No. 11](#).

Illustration Keywords: 12 [twelve] inches, 4 1/2 [four and a half] inches

[Book 2, Chart 20 ~ Book 2, Chart 22](#)

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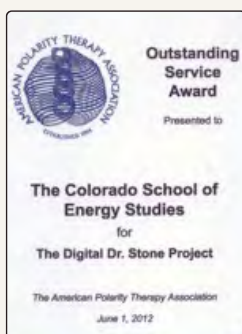
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Chart No. 22 - Old Moves with New Impetus and Directional Force Applied to Energy Blocks to Release Them.

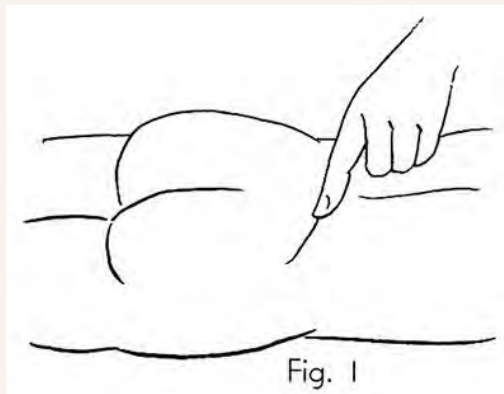
Blocks in the wireless circuits of energy fields are prior to muscle spasms.

Positive prana currents of motor energy pass thru [through] the heavy muscles of the back. These deep and superficial muscles and connective tissues can be released of energy blocks and waste deposits, by counter impulses of steady directional force applied at right angles to the tension lock.

All the contacts given here are for the purpose of releasing energy blocks in the deeper and anterior parts of the pelvis or spine immediately under the contact.

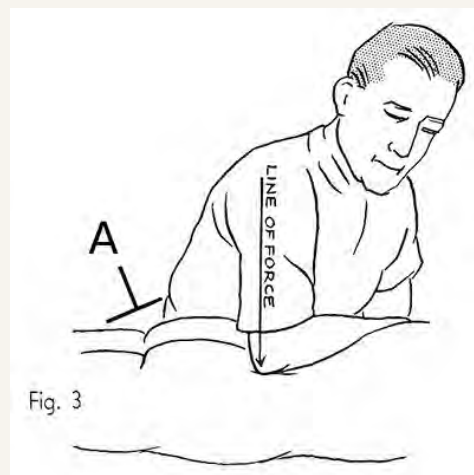
The contact with the elbow must be started gently and increased to the tolerance of the patient. Repeat if necessary, rather than hold too long. Sense the relaxation taking place. Short applications release tension. Long ones exhaust the tissues.

Contacts must be held long enough to make a change in the molecular energy circuits and effect the release of spastic muscles attached to vertebrae.



(A) All directions of contacts are at right angles to the curve treated.

All heavy pressure and forceful technique is dispersing in its effect. It is of the tamas quality of energy, as a potential compelling force scattering accumulations and forcing electrons and molecules to seek other fields of attraction.

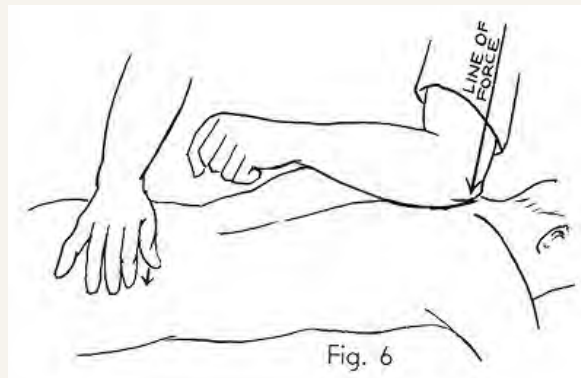
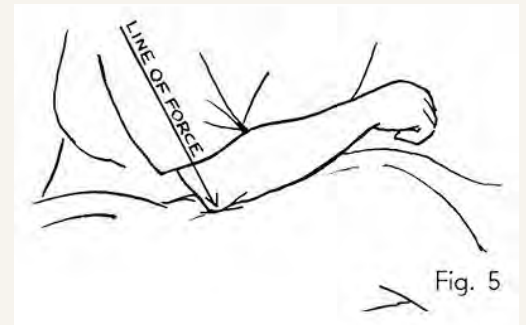




For high blood pressure this is a good therapy to release the motor energy blocks of the vaso motor [vasomotor] tension areas on the back.

The elbow contact can be on either side of the spinous processes in the groove, but never on them.

This type of steady and slow direct pressure upon any articulation that is fixed and chronic gives the connective tissue and the involuntary muscles time to let go.



It is also useful in lumbago spasms where the least movement causes a spastic contraction of muscles.

The thumb contact is on the tender fibres [fibers] of the gluteus muscles on the short leg side for tension release. The directional force is from posterior to the anterior of the body.

Illustration Keywords: line of force

[Book 2, Chart 21](#) ~ [Book 2, Chart 23](#)

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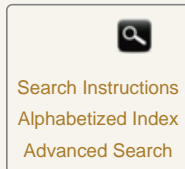
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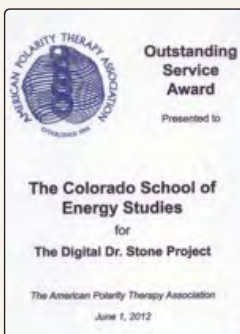
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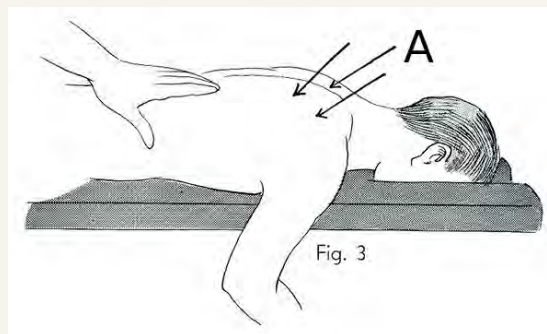
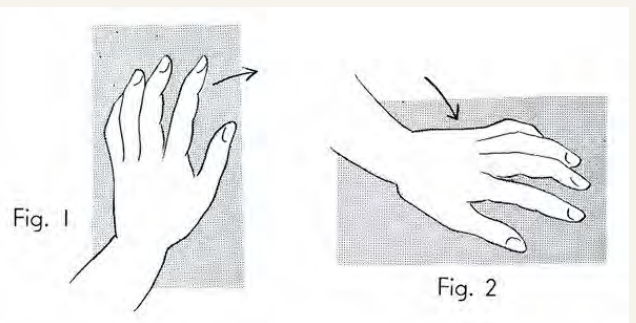
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Chart No. 23 - Relaxed Hand Contacts - Single and Double - with the Current Flow of the Electro-Magnetic [Electromagnetic] Longitudinal and Circular Waves.

The contact hand takes a quarter turn on the skin to pick up the loose tissues to about a 45 [forty five] degree angle reinforcing one hand with the other in an upward movement toward the spine, with the relaxed body weight behind it. In this instance the direction is with the current flow of the electro magnetic

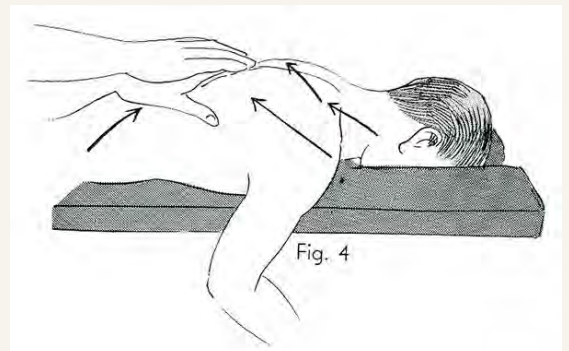
[electromagnetic] waves for the purpose of overcoming energy blocks which cause inflammation and pain by resistance to the energy waves. The object is to restore and balance the energy circuits.



(A) Directional force

This a positive raja [rajas] type therapy of a vibratory gentle rocking motion with the greatest elasticity of impulses behind it. This superimposed force is released in definite lines and directions to influence the currents of the electro magnetic [electromagnetic] waves of the body. The direction can be from any angle which accomplishes release of energy blocks.

The angle and the direction is determined by the highest area on the back as the patient lies straight face down on the table with the head in a split cushion. Raised areas indicate tissue tension of various depths along each side of the spine. These currents must be balanced and tension blocks removed. The circular wireless horizontal currents which go around the body are also a factor here as well as the longitudinal north and south circuits from head to feet. See [Chart No. 7](#)



In the presence of pain or inflammation the direction of the lines of force are usually with the currents.

[Book 2, Chart 22](#) ~ [Book 2, Chart 24](#)

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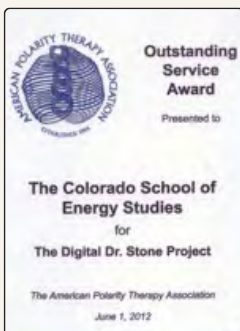
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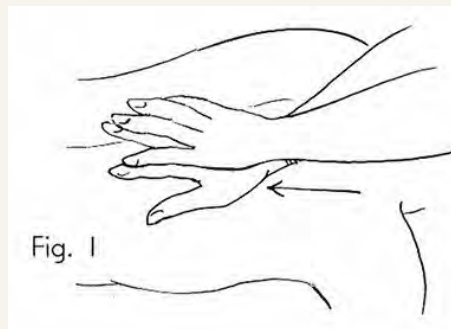
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Chart No. 24 - Contacts with Both Hands on Right Side of the Body Against the Current Flow of the Electro Magnetic [Electromagnetic] Forces, to Counteract the Excessive Impulses Over the Muscle Fibres [Fibers] Which Keep Them Under Constant Tension or Spasm.



This type of therapy is accomplished by the application of a concentrated force applied by the operator with definite direction and speed to influence the currents of energy in the patient's body which control tissue function. This active force is of the principle of the raja [rajas] guna type of energy. It is a force, plus physical motion with volume and polarity direction. The application given here is against the electro magnetic [electromagnetic] current flow.

The operator stands on the toes of one or both feet to get the spring of the whole body behind the impulse as an elastic wave without the use of conscious force or push. It is a rhythmic rocking motion which delivers the impulse of an elastic volume behind it that rocks the body of the patient but does not punch it.



Local application of a positive force contact with each thumb on the longitudinal muscles of the back over areas of current block, each in opposite direction to the current flow for the release of spastic muscles.

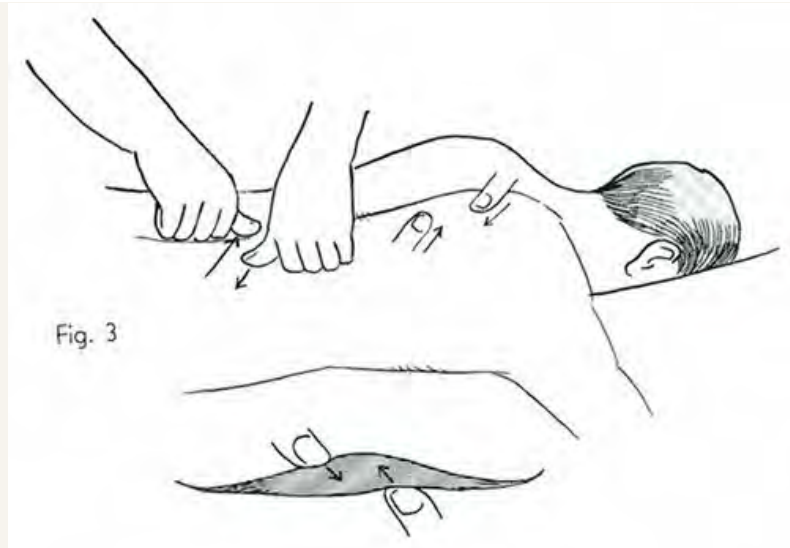


Fig. 3

A letter 'S' contact on contracted muscle fibres [fibers] of the back can also be used with both thumbs in opposite directions on the same fibres [fibers] to drain the stagnant material out of the neuclear [nuclear] centers and repolarize them. This can be done by directional pressure or vibratory force.

[Book 2, Chart 23](#) ~ [Book 2, Chart 25](#)

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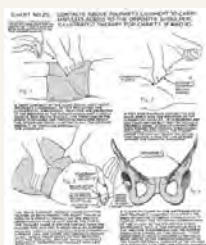
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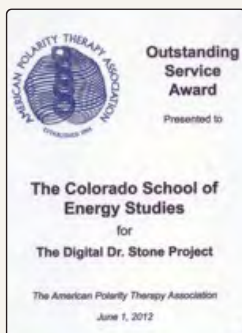
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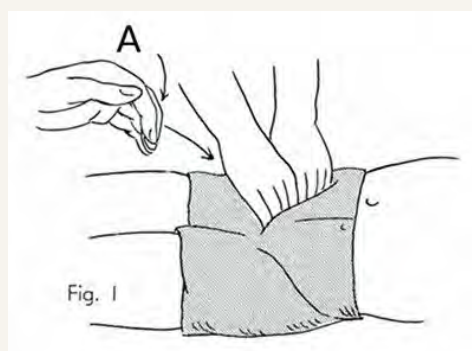
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Chart No. 25 - Contacts Above Poupart's [Inguinal] Ligament to Carry Impulses Across to the Opposite Shoulder. Illustrated Therapy for Charts 9 and 10.



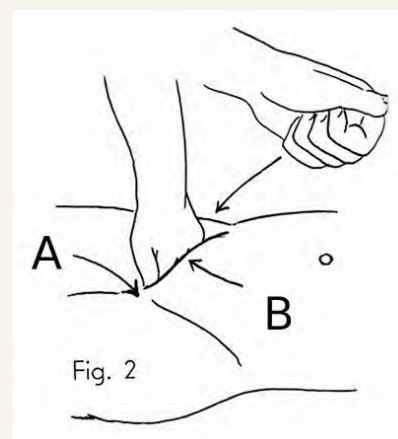
(A) The hand illustrates the finger tips [fingertips] made even for the contact so it hurts less and gets an even pressure on the deeper muscles.

A deep contact in the iliac fossa just above Poupart's [inguinal] ligament. After relaxing the superficial abdominal muscles the objective is the release of the psoas magnus [psoas major] and iliacus muscle and pelvic blocks. The direction of the arms is toward the opposite shoulder which the operator faces. It affects all the organs above it in that line, especially the stomach.

(A) Symphysis pubes [pubic symphysis]

(B) Poupart's [inguinal] ligament below hand

A fist and knuckle contact in the same area for the release of the superficial muscles. It is general and less penetrating but very effective if properly done. A gentle contact first, then steady and specific directional pressure upward until the tissues under the contact relax and reflex that release along the line of force toward the opposite shoulder.



The same purpose contact made with the thumbs of both hands. The right thumb is making a specific contact on the rectus abdominales [rectus abdominus] muscle just above the pubis. The thumbs make a softer contact than the finger tips [fingertips] and get a good hold on surface muscles. Direction is posterior and diagonally superior like the other two contacts shown here. When these areas do not respond - find the perineal reflex which controls spasms of intra pelvic [intrapelvic] muscles and leg reflexes.

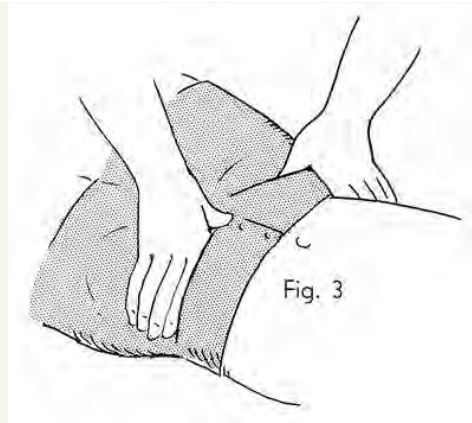


Fig. 3

(A) Diaphragm reflex

See [Chart 4](#)

(B) Neuter [neutral] reflex to
bottock

(C) Ilio caecal [ileocecal] valve
reflex to heart on right hand

(D) Neuter [neutral] hip joint reflex

(E) Sigmoid valve reflex to heart on
left hand

(F) Poupart's [inguinal] ligament

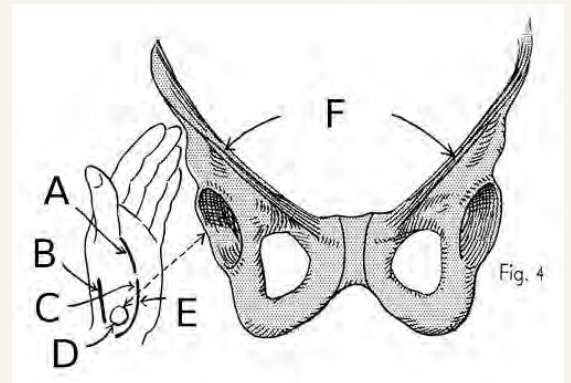


Fig. 4

A clear picture of the anterior pelvis and Poupart's [inguinal] ligament to clarify the area of contacts above it and along it's [its] course from the anterior superior spine of the ilium [ASIS] to the symphysis pubis [pubic symphysis]. Anteriorly this is the negative pole to the neuter [neutral] diaphragm and the superior shoulder girdle of the trunk. These groin areas have a powerful reflex as basic areas to the superior diagonally via the polarized brain currents of the caduceus in a straight line thru [through] the electro-magnetic [electromagnetic] forces blending in with gravity.

[Book 2, Chart 24](#) ~ [Book 2, Chart 26](#)

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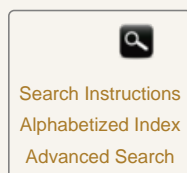
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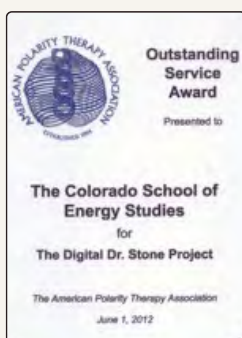
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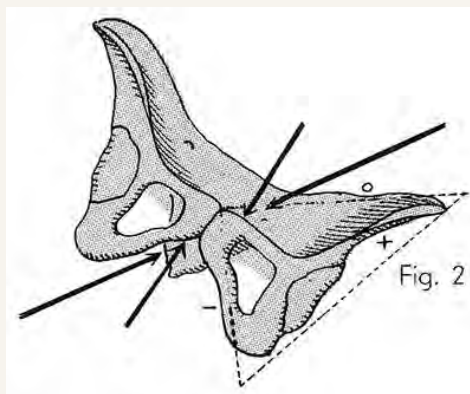
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Chart No. 26 - Very Important Directional Contacts on the Symphysis Pubis [Pubic Symphysis] for Bladder Trouble and Inflammation, for Menstrual and Leg Cramps and Pains, for Sinus Congestion.

The direction of the lines of force applied in a contact can be superior inferior or on an angle. The correctness is proved by the release of tension and soreness, as well as the lengthening of the short leg.



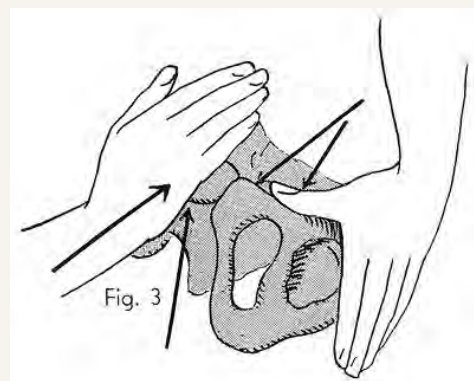
The symphysis pubis [pubic symphysis] is the negative central pole in line of relationship and reflex to the root of the nose above and the sinuses. See [Chart No. 11, - Fig. 2](#). In head congestions, sinus trouble, colds, etc. this is a valuable therapy. For exercise to aid in home treatment see [Chart No. 52](#).

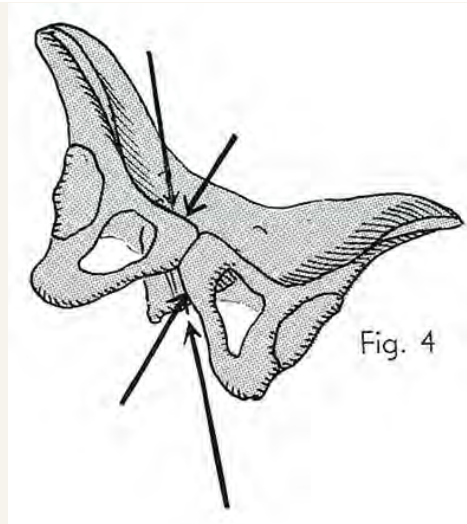


The contact is on the tissue next to the bone.

Each innominate [hip] bone forms a triangle of its own with positive negative and neuter [neutral] poles anterior and posterior. These correspond to the positive triangle of the jaw. See [Chart No. 27](#).

A specific directional contact for the short leg is inferior and posterior on the tense muscles nearest the pubis on that side, following the contact under the edge of the bone until the tension relaxes.





Angles of contacts and lines of force on the contracted muscles.

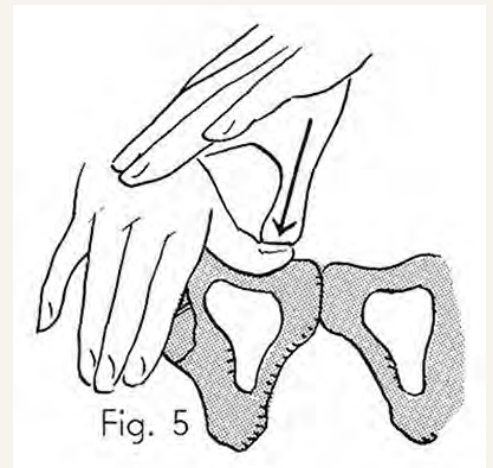
The thumb contact is on the contracted muscle tissue next to the bone. It hurts less to go under the bone than on it.

Light application of directional force to one side of the pubic bone has a powerful leverage action through the innominate [hip] on the sacro iliac [sacroiliac] articulation. By the interaction of three forces blending in the sacral bone at this articulation it has a direct polarity reaction to the foramen magnum and the medulla oblongata. See [Chart No. 11 - Fig. 2.](#)

The contact is on the muscular attachment to the bone.

A very gentle rocking action can be used in the directional force application. It makes the contacts more effective and easier to tolerate by the patient.

Illustration Keywords: 0, +, -



[Book 2, Chart 25](#) ~ [Book 2, Chart 27](#)

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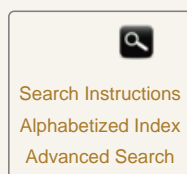
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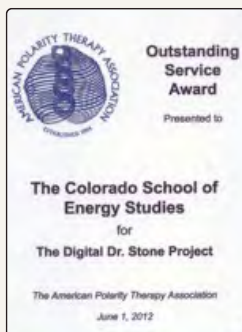
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Chart No. 27 - The Jaw Is the Positive Pole of the Pubic Bone and the Ischium

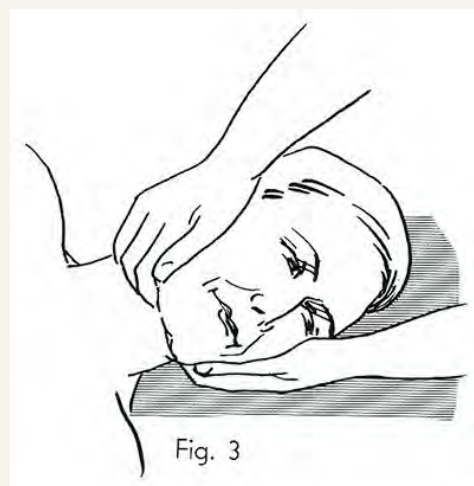


Tonsilitis [Tonsillitis] can be detected as soreness under the jaw with a deep contact at No. 4. Release the corresponding area at the negative pole at the ischium. Tenderness found higher up under the condyles of the mandibles should be checked at the iliac fossa for its causative reflex.

The mandibular joint and the hip joint have a relationship of positive to negative. The four areas outlined here roughly relate to the four areas of the perineum. Structural and functional reflexes are present. It is possible to effect powerful specific reactions here at the positive pole with specific contacts on two points - one above and one below.

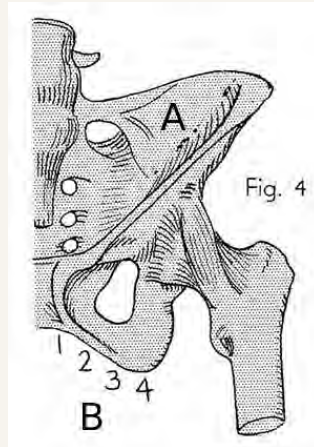
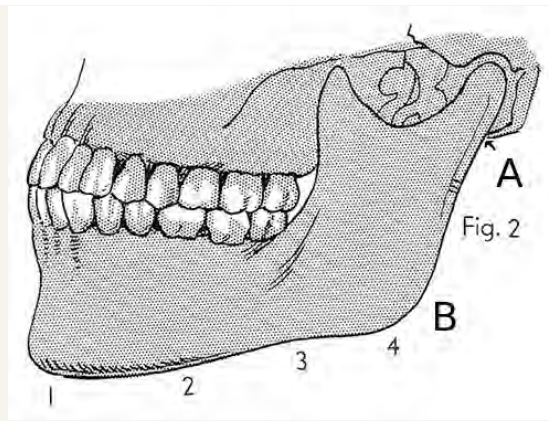
All joints are neuter [neutral] points where the energy crosses over, making flexion possible in the lines of force. When energy flows straight it is an extension of force. Through neuter [neutral] points it becomes mechanical leverage by change of polarity.

Patient on his back showing a contact under the jaw on both sides as a general stretch of soft tissues.



(A) Iliac fossa reflex

(B) Positive pole



Note the resemblance between the jaw, the pubic bone, the ischium and the ilium.

(A) Iliac fossa

(B) Negative pole

Anteriorly, the diaphragm and immediately below it under the floating ribs, is the neuter [neutral] area for contacts.



Illustration Keywords: 1, 2, 3, 4

[Book 2, Chart 26](#) ~ [Book 2, Chart 28](#)

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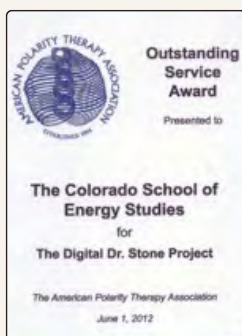
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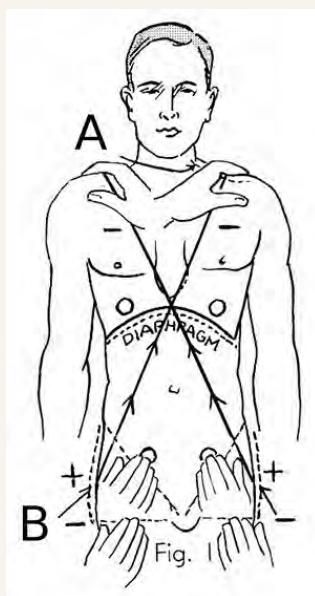


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Chart No. 28 - The Three Poles of the Diaphragm in Its Respiratory Mechanism and Contact Areas to Influence It Anteriorly and Posteriorly.

Many chronic pains under the shoulder blade are a direct reflex from the lower abdominal region and can be released there. This reflex can be from the ileocaecal [ileocecal] valve, the gall bladder, or the ampulla of Vater [hepatopancreatic ampulla], the sigmoid, etc. The current usually crosses over to the opposite shoulder and registers as a pain under it.



(A) Positive pole of diaphragm and respiratory reflexes and its anterior triangles

(B) Inferior pole of the diaphragm

Fig. 1 shows the anterior view of the three poles of the diaphragm. The lower or negative pole is divided into two lateral (dotted) triangles and a neuter [neutral] one in the middle. The subpositive pole is marked on each side along the heavy thigh muscles. The entire negative pole is an extension anteriorly of the perineal line over the thighs as the negative respiratory pole in running. Contacts on the negative or the neuter [neutral] pole with one hand and on the positive pole above with the other has a very soothing effect on the patient. Find the tender spot on the negative, neuter [neutral] or lower positive pole first then place a moderately firm contact on the muscles in the direction upward to the superior contact over the shoulder muscles, on the same side or diagonally. Hold for a moment until the

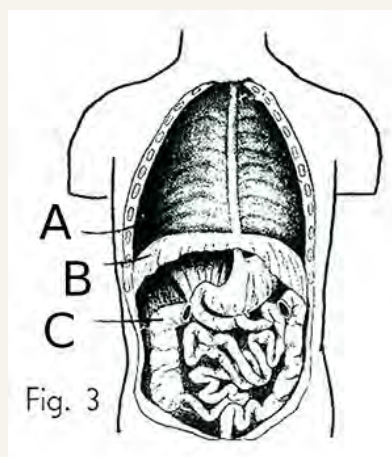
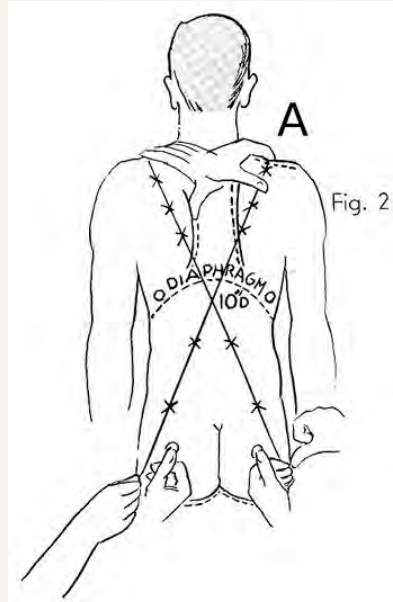
tension relaxes. Thus release the sore spots from the negative, neuter [neutral] or positive poles below. The contact on the shoulder is a firm grip on the muscles.

Contacts may be made anywhere along these diagonal lines wherever the energy block is found. The short leg side usually presents soreness over the mastoid bone, with definite soreness and congestion over the glutei muscles on that side. A pressure contact with the thumb over the sore muscles, from the posterior to the anterior, releases them and lengthens the leg. Then a hip correction can be made over that articulation easily. A [North Pole Stretch](#) will release the superior energy block around the foramen magnum on that side.

(A) Positive pole of diaphragm and respiratory reflexes and its posterior triangles

Fig. 2 gives a posterior view of three poles of the diaphragm and its triangles above and below as respiratory reflex centers. Please note, that the two lines drawn from the head of the femurs to the middle of the shoulders cross at the 10th dorsal [tenth thoracic, T10] vertebrae [vertebra] which is the center for the diaphragm. See the chart on page 50 in "The New Energy Concept of the Healing

Art", Anterior and Posterior View of Skeleton and Its Lines of Force for Therapy.^[1] The patient lies face down. Here a positive contact on the tender spots of the outside of the thigh is used with a firm grip on either of the shoulder muscles - or from a neuter [neutral] contact of a tender spot of either buttock to the shoulder. These two contacts are of a negative firm pressure type and are held for a moment until relaxation takes place. This is a dense muscular release where the center of the muscle needs to be emptied in order to function freely.



Showing the body cavity divided by the diaphragm into thorax and abdomen

(A) Thorax

(B) Diaphragm

(C) Abdomen

The diaphragm is the main respiratory muscle doing the most important work in life. Every cell needs the life energy contained in the breath; without which they cannot survive. Its polarity function and minute distribution of fine energy waves is a most important factor to reach cellular tissue. Polarity contacts are very soothing to the patient, having a repolarizing effect. Tender and congested areas indicate energy blocks. The diaphragm is the functioning neuter [neutral] pole of life. Its powerful effect as a shock treatment by vomiting and its curative effect upon insanity have been clearly demonstrated by Dr. Bernard Aschner of New York City.^[2] Truly the diaphragm is the firmament which divides the energy (waters) above and below. It is the bridge where mind and life cross into the emotional vital field. Its rhythmic motion truly supports the energies above, lifts and activates the contents below.

Illustration Keywords: (fig. 1) diaphragm, -, 0, +
(fig. 2) diaphragm, 10 D [T10], 0

¹ In The Complete Collected Works, Charts 6 and 7, pages 76-80 of Book 1.

² Dr. Bernhard Aschner (1883-1960), a Austrian physician and physiologist. He was a pioneer in the science of endocrinology and a medical historian.

[Book 2, Chart 27](#) ~ [Book 2, Chart 29](#)



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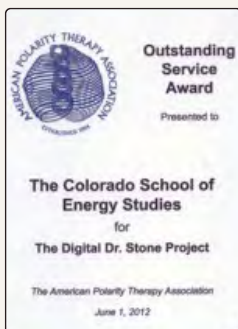
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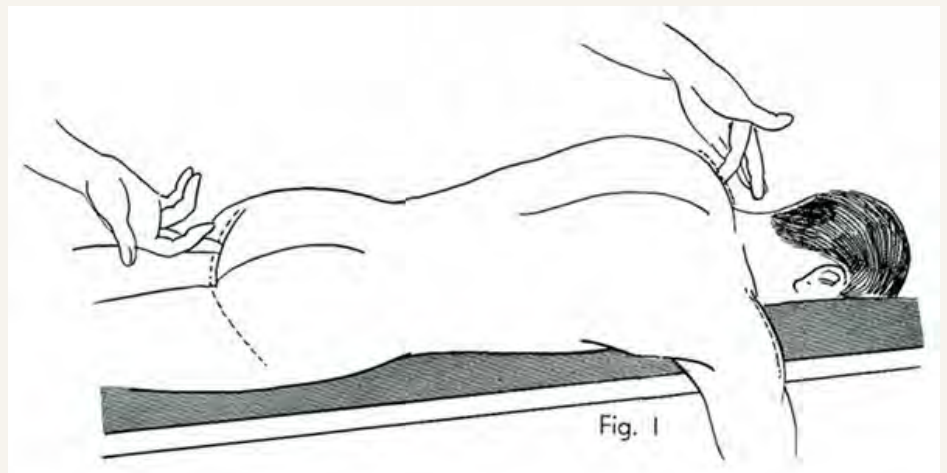
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Chart No. 29 - Respiratory and Autonomic Sensory Reflex Therapy for Mental-Emotional and Nervous Tension Release.

This is a gentle relaxing technique by the use of the penetrating prana energy in the breath, which must reach every cell of the body. It is a sensory contact applied through the poles of the diaphragm, by gentle polarizing contacts as in perineal therapy [see Charts 30 and 31]. The application of the introduced neuter [neutral] force is of the principle of balance (sattwa [sattva]).

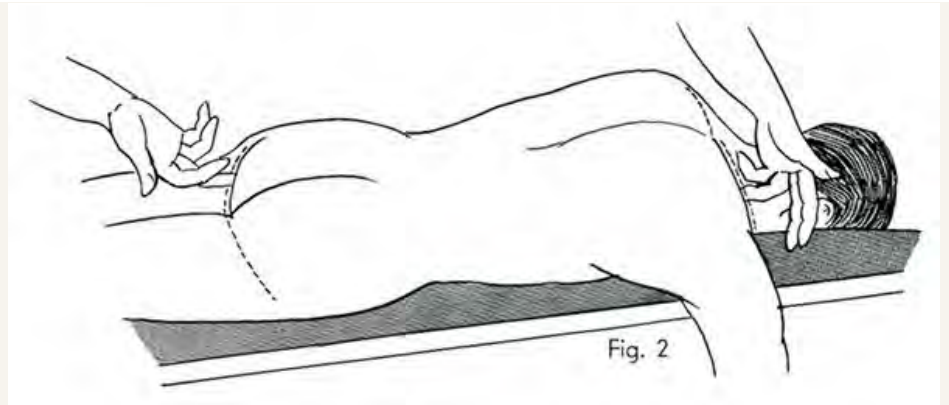
It should be used first to relax the mental, emotional nerve centers and to balance the active spinning chakras in the wireless field. Other treatment may follow.



Deep rhythmic breathing assists the energy to travel with the neuter [neutral] life current in the body.

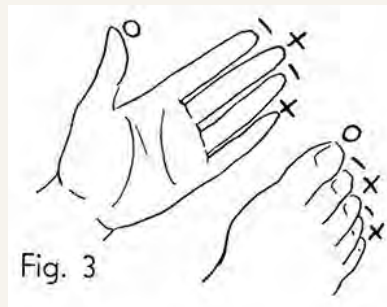
The two thumbs and the big toes are neuter [neutral] energy conveyors because they are in the center line. One thumb opposes and supports four polarized currents in the four fingers, making skill and a firm grip possible. It is a practical illustration of the one river of energy (the ether) flowing out of paradise and splitting into four branches.

These 5 [five] rivers are 5 [five] modes of expressions of the soul thru [through] energy currents. They become the 5 [five] motor and the 5 [five] sensory centers and they flow as 5 [five] currents thru [through] the 5 [five] fingers and toes. Thru [Through] perception and mind action, they become motion and skill thru [through] the sense of touch.



The fingers must not touch each other while giving this sensory-polarity treatment. The lightest touch or proximity counts in polarizing sensory centers.

The buttock lines posteriorly are extensions of the perineal line of the negative pole of the diaphragm. They reflex to the positive respiratory lines above. Sensory currents are ingoing currents. Gentle contacts accomplish much with a positive finger on the negative pole and a negative finger on the positive pole merely directing energy thru [through] polarity and respiration. Every cell is alive; tissues respond to the rhythmic flow of prana energy in the breath. These gentle impulses go deep and release sensory mechanism blocks by polarizing and balancing of the superior and the inferior or the within and the without. It is like perineal technique, a therapy for balancing respiratory, emotional and sensory energy currents.



Positive +
Neuter [Neutral] 0
Negative -

[Book 2, Chart 28](#) ~ [Book 2, Chart 30](#)

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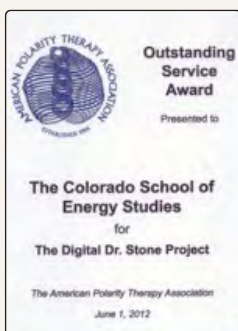
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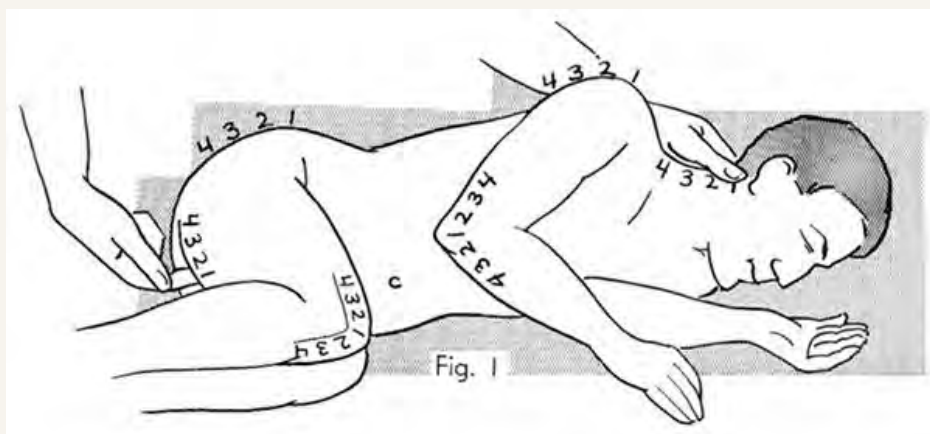
Chart No. 30 - Perineal Contacts in Relation to the Neck, Shoulder, Elbow and Hip.

Deep and concealed energy blocks cause chronic diseases thru [through] spasms of tissue and stasis. For those conditions a steady and firm contact is used on the spastic muscles of the perineal floor. The applied line of force follows the blockade into the pelvis and holds it to toleration until it lets go.

Used in all nervous and thyroid cases, for sleeplessness, neck and general tension especially in neurasthenia and respiratory symptoms.

A left lateral atlas is usually an emotional block.

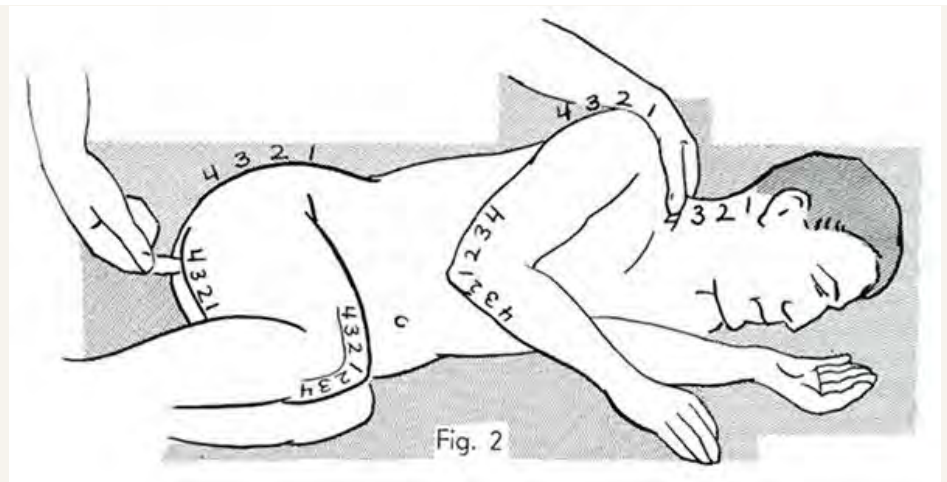
Contact No. 1 releases the atlas on the opposite side.



Perineal treatment correctly done will unlock energy blocks quicker than most other methods because it deals with the vital force of emotional locks and frustrations. For this purpose a light contact is used to relax gently and allow for release of surface energy blocks by sighing, crying, heavy breathing. Etc.

Treatment should be repeated several times until the spastic sore spot vanishes. Correlate it with the other external areas given here.

All reflexes come from below. Impulses of energy come from the brain. All energy flows in circuits or waves. Organic function demands energy. If blocked anywhere pain is the result.



The contact is light at first; the direction is headward and toward the median line.

The first finger is used to find the tense fibres [fibers]. The second [middle] finger is used for treatment.

Fig. 1 shows a contact on perineal No. 1 under the symphysis pubis [pubic symphysis] and slightly to the posterior towards the ischium. The thumb of the left hand is on area No. 1 over the atlas and above it on the occipital and temporal bones behind the ear with first finger on the opposite side of the neck on the same area. Contact No. 1 relates to all No. 1 areas on the chart.

Fig. 2 shows contact 4 further back on the perineum near the coccyx in area 4 and above on the cervical vertebrae 6 and 7 [six, seven, C6, C7] in the spinal groove. Both contacts are on the right side here. However, the current from the perineum crosses over via the central current and releases tension on the opposite side of the neck.

Fig. 3 gives the location of the perineal areas and the musculature underlying the skin.

(A) Superficial transverse perineal muscle

(B) Levator ani muscle

(C) Gluteus maximus muscle

(D) Generative organs

(E) Deep perineal muscle, with its layer of fascia (the triangle ligament)

(F) External obturator muscle

(G) Sacro-sciatic ligament

(H) External sphincter ani muscle

(I) Os coccyx

(J) Rectum

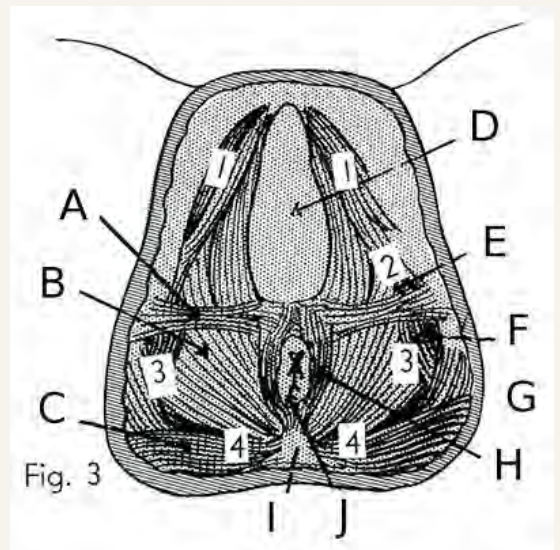


Chart for perineal treatment described on pages 50, 51, 52 in *"The New Energy Concept of the Healing Art."* Page 49 gives a diagram of perineal floor and contact points.^[1]

Illustration Keywords: 1, 2, 3, 4

¹ In *The Complete Collected Works*, pages 87-89 and *Chart 8*, page 81 of Book 1.

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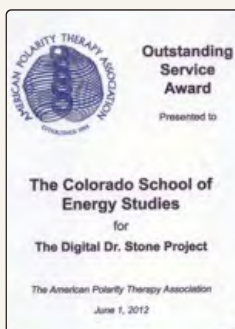
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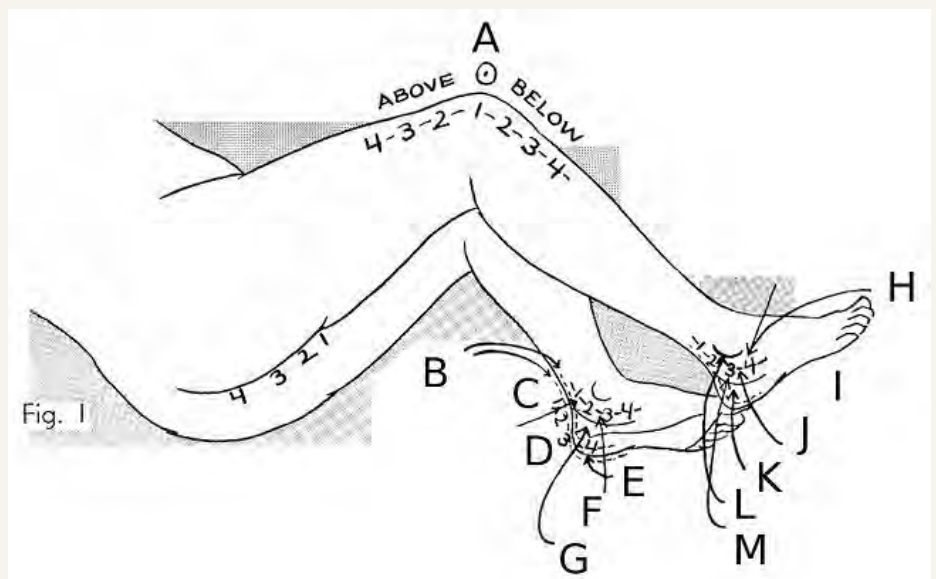
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Chart No. 31 - Perineal Therapy in Connection with Knees and Ankles.

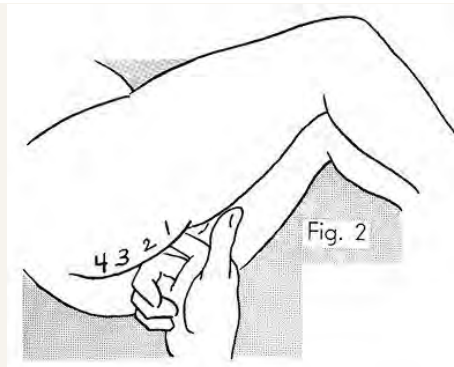
Fig. 1 traces numbered reflex areas which correspond with each other. The perineal area around the anus reflexes functionally to the earthy triad of the abdomen and knees. Contacts here are useful in all digestive disturbances. In pregnancy and all leg trouble this technique is a revelation in its far reaching effect.

The area immediately around the outside of the ankle is an airy and glandular functional reflex. Its use is indicated in glandular disturbance and kidney condition. Any puffiness here is a kidney symptom. The heels are pelvic, generative and emotional reflexes. In pregnancy, great relief can be obtained by releasing the spasm of the inter-pelvic muscles which often affect the legs severely. In addition venous stasis is released by this relaxation, nervous tension balanced, and circulation improved because of the energy block release.



- | | | |
|---|---|--|
| (A) Digestive reflexes, umbilicus | (F) Womb, prostate | (J) Ovaries, testes and hips |
| (B) Posterior reflexes around the inside maleoli [malleoli] | (G) Rectum | (K) Psoas magnus [psoas major] and iliacus |
| (C) 5th L [fifth lumbar, L5] | (H) Pelvic reflexes | (L) Kidneys |
| (D) Sacrum | (I) Around the outside maleoli [malleoli] | (M) Ileo caecal [ileocecal] |
| (E) Coccyx | | |

The doctor can also stand in front of the patient for a deeper contact area 1 and 2 specifically for prostatic, uterine and digestive reflexes; also to release the atlas and axis on the opposite side of the body. These are central regions and need steady and deep pressure impulses over spastic pelvic muscles near the pubic bone. Patient is on side with knees flexed high. The doctor reaches over the lower legs to make the contact on the perineum. The angle of the direction of force applied here is very important for specific results.



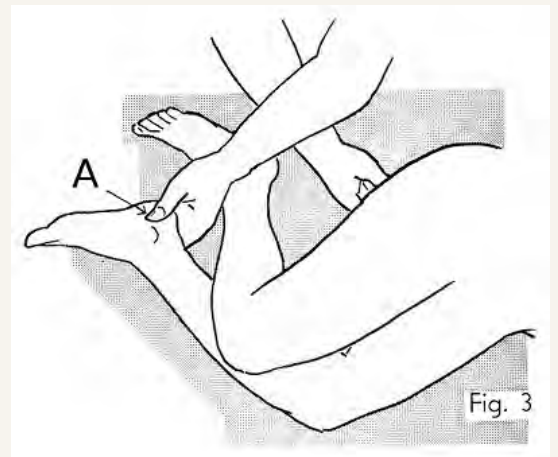
The first finger is used to locate the tense fibres [fibers] in the perineum, because it is negative and more sensitive. For perineal therapy application the second [middle] finger is used, because it is positive stronger and longer to make a better contact.

In making a tissue contact on the perineum for treatment, a half turn of the finger to the right takes up the loose tissue and gives the best result in a light contact which relaxes the body.

Fig. 2 shows a No. 1 perineal contact, superior and medial in direction; light at first, then

heavier. When the tense and tender areas let go, the contact is slowly released. Any two numbered areas may be treated against each other to release soreness caused by energy block. Posteriorly, the achili [Achilles] tendons are reflexes to the lower lumbar region. The os calcis [calcaneus] bones are reflexes for the sacrum and coccyx. In lumbago and lower back pain, it is very important to release the negative energy block here. These external areas are manipulated or held by heavy pressure, if it can be tolerated. Deep directional pressure held steady acts like the accumulated water that breaks the dam more completely than a lightning stroke or an adjustment.

Fig. 3 shows the combination of perineal and heel contacts for emotional tension, and for leg trouble, especially in pregnancy.



(A) Womb, prostrate, bladder contact

Illustration Keywords: above, below, 1, 2, 3, 4

[Book 2, Chart 30](#) ~ [Book 2, Chart 32](#)

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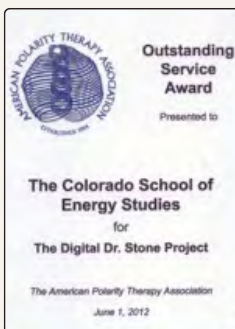
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Chart No. 32 - Contacts for the Release of Energy Blocks in Digestive Areas of Polarity. Fig. 3 Illustrates Release of Motor Tension Areas.

Fig. No. 1 shows a directional contact below the stomach and under the floating ribs. The other hand holds a pressure or manipulative contact on the opposite knee for digestive reflexes and pains.



Fig. 2 gives the same knee contact and the one immediately above Poupart's [inguinal] ligament with a directional force and a light rocking impulse toward the opposite shoulder for stomach and digestive disturbances.



All currents which cross over from one side of the body to the other in curves or diagonal lines are of the bipolar brain energy and the caduceus.

The vertical electro magnetic [electromagnetic] currents and gravity force stay on the same side.

Figs. 1 and 2 could be shown on the opposite side of the body where they would be liver and gall bladder reflexes and blocks. Many chronic pains in the left knee which are often mistaken for a bone disease are gall bladder reflexes and will clear up fast when the correction is made.

Fig. 3



Fig. 3 illustrates energy block release by manipulation of tendons and muscles at their origin, which is the positive pole above at the neuter [neutral] or middle pole, and at the insertion or the negative pole below. This is useful in motor disturbances of the muscle tissue and tendons such as paralysis and spasms.

[Book 2, Chart 31](#) ~ [Book 2, Chart 33](#)

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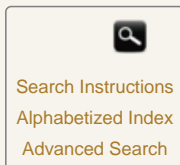
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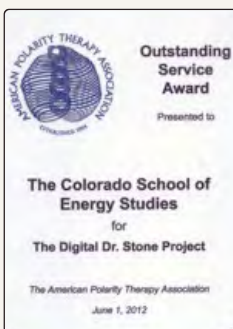
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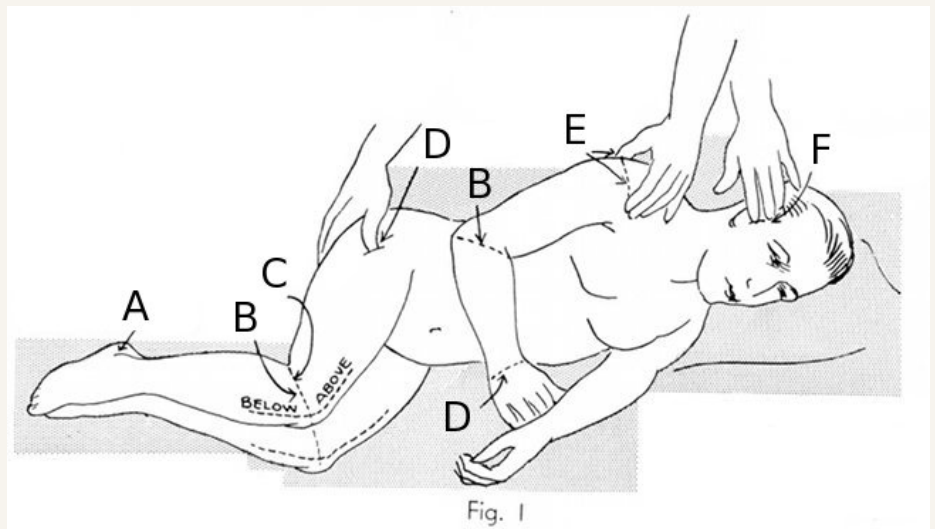
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Chart No. 33 - Relationship of the Joints as Neuter [Neutral] Points and Their Polarity from Superior to Inferior.

There are 5 [five] major joints on each side of the body which have a definite relation to each other. The mandibular [temporomandibular] joint, the shoulder, the hip, the knee, the ankle, all joints are flexion points and neuter [neutral] in relation to the whole. Correlate the troubled joint with its superior or inferior polarity; ankles to shoulders, hips to the mandibular [temporomandibular] joints and the wrists. Uterine and pelvic reflexes are often found here. Knees reflex to the umbilicus and to the elbows on the same side.

In the lower triad, the hips are positive, the knees are neuter [neutral] and the ankles are the negative reflex joints.

Arms and legs have similar reflexes, both being extension levers, release all lower joint reflexes. Hold the sorest spot and manipulate around the other joint tissues.



(A) Psoas magnus [psoas major] and iliacus reflexes

(B) Digestive reflexes

(C) Umbilicus

(D) Pelvic reflexes

(E) Liver, abdominal and brachial reflexes

(F) Inf. [inferior] pelvic and digestive reflexes

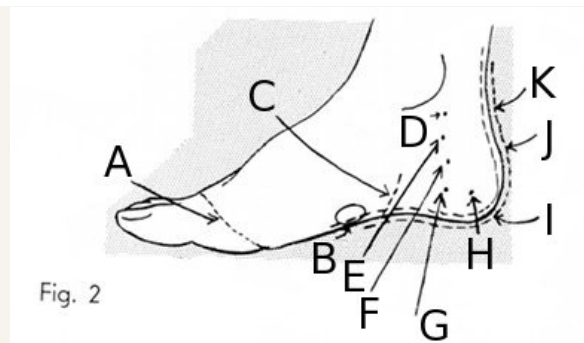
The superior joint or area becomes positive in relation to any inferior one, no matter what its general over-all polarity might be in relation to the whole, because primal energy flows from the brain above as the root of the Tree of Life, and of the nervous system downward to water the Garden of Life, the human body.

Reactions are from below upward, like the glow of vital force, the satisfaction of a hot meal. The inferior supports the superior and reacts via the return energy flow and by gravity pull.

(A) Brachial and scapular reflexes

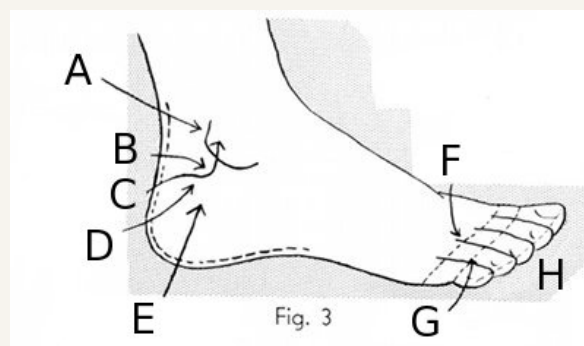
(B) Liver

- (C) Umbilical reflex
- (D) Bladder
- (E) Womb
- (F) Prostate
- (G) Rectum
- (H) Posterior central pelvic region
- (I) Coccyx
- (J) Sacrum
- (K) 5th lumbar [fifth lumbar, L5]



These areas can be easily located, traced to their source and to their polarity. As one relaxes the others will also let go and be relieved.

- (A) Kidneys
- (B) Ileo caecal [ileocecal]
- (C) Negative reflex from hip joint
- (D) Ovarian, testes
- (E) Psoas magnus [psoas major] and iliacus, plus pelvic reflexes
- (F) Shoulder girdle reflex
- (G) Neck reflex
- (H) Head reflexes



Treat by manipulation, pressure on muscles, or by hot and cold applications of a forceful stream of water on that spot.

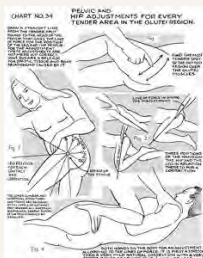
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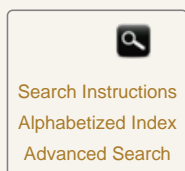
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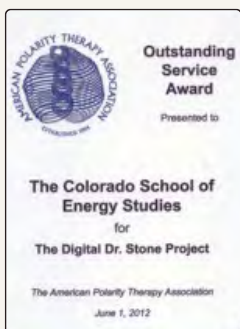
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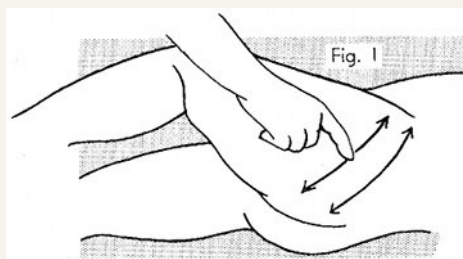


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Chart No. 34 - Pelvic and Hip Adjustments for Every Tender Area in the Glutei Region.

Draw a straight line from the tender spot found to the head of the femur. That gives the line of force for the position of the leg and the femur for the adjustment. These adjustments are not mere hip corrections but are a release for spastic tissue and bony relationship caused by it.

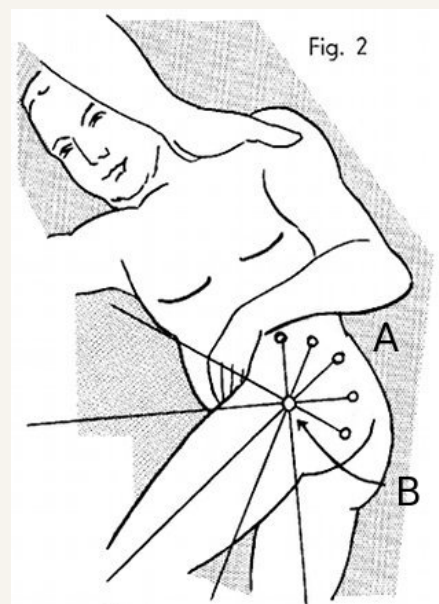


Find the most tender spot in the dotted region over the glutei muscles.

Leg position for each contact and correction

(A) Tender spots

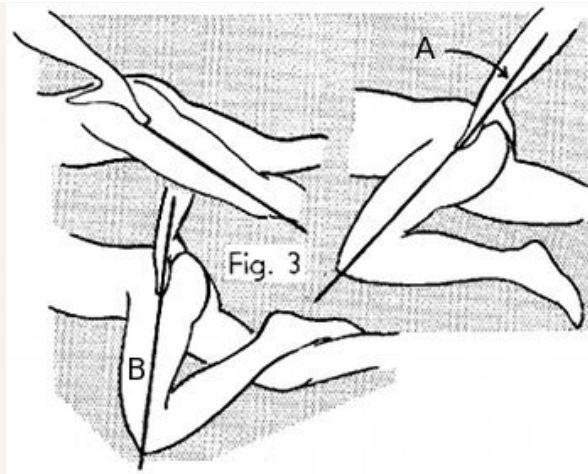
(B) Head of femur



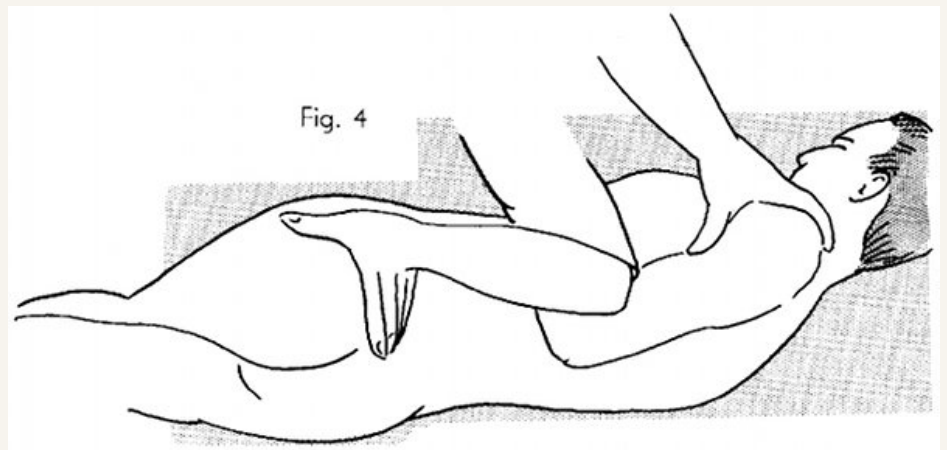
Three positions of the hand on the hip and the leg in relation thereto for a correction.

(A) Line of force in giving the adjustment

(B) Line of force



The lower lumbar and interpelvic structures and spasms are released by this simple adjustment. First however all anterior and perineal energy blocks of the pelvis should be removed.



Both hands on the body for an adjustment, according to the lines of force. It is first a stretch, then a very mild natural correction with a very short range of adjustment, ½ [one-half] inch or less.

[Book 2, Chart 33](#) ~ [Book 2, Chart 35](#)

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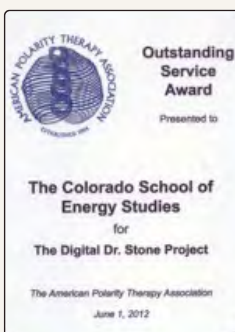
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Chart No. 35 - Gentle Rocking Motion and Stretch for the Pelvis to Relieve Spasms and Blocks in the Muscles of the Hip Joint.



Fig. 1 shows the operator standing behind the patient with one hand fitted lightly to the shoulder to draw it backwards. The other hand is on the thigh. The thumb digs into the tense muscle fibres [fibers] above the hip joint, anywhere up to the crest of the ilium wherever they are found. These have a definite relation to the lateral respiratory and intercostal [intercostals] muscles. A gentle rocking motion aids in relaxation. Many corrections of tissues can take place easily. This move may be used on heavy patients, where hip correction is too strenuous for the operator.



Fig. 2 shows a stretch and a gentle rocking contact in the opposite direction when it is indicated by shoulder and hip tension. Here the operator stands in front of the patient. No force is used; it is a relaxation by short rhythmic motion. The contacts vary with the tension and the energy blocks found in that area. Fixed and resistant muscle fibres [fibers] yield to resilient impulses, when the negative pole of the muscle attachment can be polarized to operate normally.

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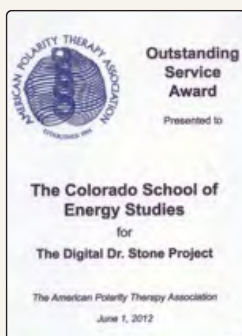
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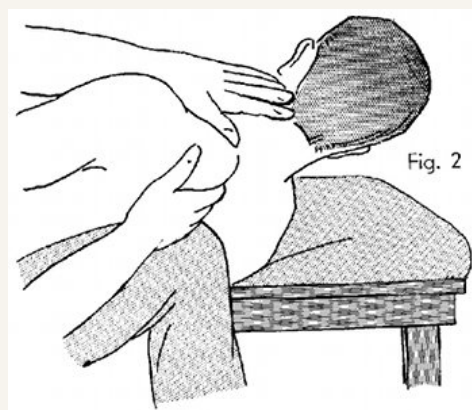
Chart No. 36 - Scapula Lift for Brachial Plexus Release

Contact of the fingers under the scapula inserted anywhere along its ridge from the bottom to the top, wherever it is hardest to get under. The hand is supported by the knee, which does the lifting, the foot rests on a stool or table-brace. The next move is to pull the shoulder over with the other hand on to the contact. The knee raises and lifts the shoulder. When the scapular muscles are so tight that the fingers cannot get under them, then, the big toes joints and the transverse arch of the feet should be released because they are the negative poles which hold them bound by their wireless current block.



The lift on the point of the shoulders accomplishes a brachial plexus release and a general well being [well-being] often follows. Patients gain weight and do better after the shoulder blades are freed. Mental and physical loads are carried over the shoulders and are bound up with life thru [through] respiration and by groans.

The completed contact under the shoulder blade with the forearm of the other hand in front under the shoulder joint, the hand extended to gently push the head down for a more complete relaxation and stretch of the neck muscles, freeing tension and energy block over the brachial plexus. It is a valuable move in all respiratory, heart, and nervous conditions, and for recuperating energy.



[Book 2, Chart 35](#) ~ [Book 2, Chart 37](#)

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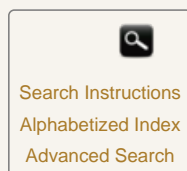
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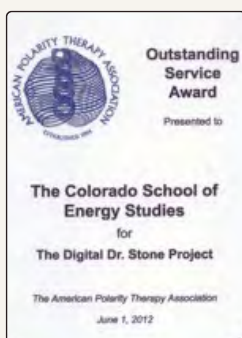
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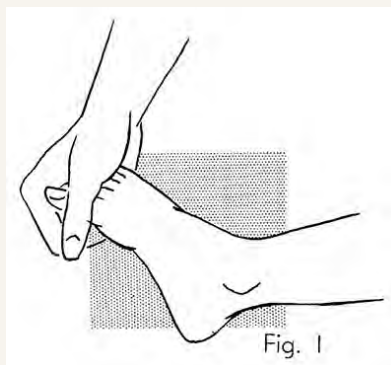
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Chart No. 37 - Adjustment of Toes in One Move - Big Toe Adjustment and Its Reflexes.



The firm grip of the right hand over the toes, ready for the adjustment. The movement is a quick motion of the entire hand, bending the toes down and pushing the arch up from underneath by the finger contact. This releases tension all over, especially across the shoulder girdle where it reflexes to.

The finger contact clearly under the transverse arch. One finger tip [fingertip] under each joint is the preparatory point. It is a release for nervous tension and emotional locks thru [through] the brachial plexus. It is the negative pole to the shoulder girdle as a respiratory release.



Do not use this adjustment on an arthritic joint.

The big toe adjustment given here is a valuable move for the release of tight shoulder blades which the doctor cannot get under to lift; also for sciatica and prostate trouble and enlargement. The womb, too, has a reflex here, and lastly, it is the bunion adjustment. The correction is made by a sharp smack against the big toe joint with the soft part of the palm near the third thumb joint. It will give a click most of the time. The object is to break the lock and fixation here of the energy currents that affect many parts of the body. Secondly, the physical objective of the bunion adjustment is to replace the cartilage of the toe joint by a sharp blow. This joint when locked is stiff and sore. If the

doctor succeeds in breaking that lock, even with a very light slap of the hand, the toe may be very sore and turn blue where the venous stasis is released. Be sure to tell the patient, first. When there is no fixation and stasis, this correction does not hurt.

Where there is soreness a mere pull of the big toe will be sufficient for a powerful reaction. All other toes can be treated likewise when the patient permits. It releases shoulder and neck reflex tensions. It is most helpful in sciatica.

The big toe joint has a powerful reflex action near the center line and could be compared to an atlas adjustment at its most negative pole. Of the special senses it has a reflex action to the nose, the tongue, speech and hearing center above.

[Book 2, Chart 36](#) ~ [Book 2, Chart 38](#)

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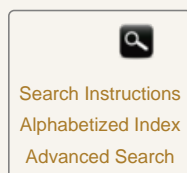
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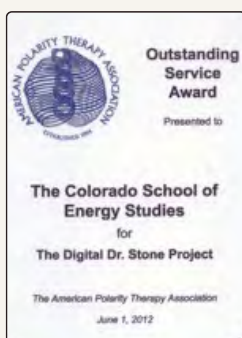
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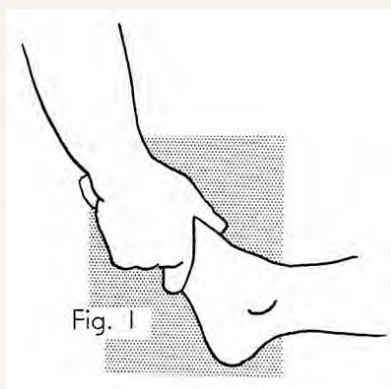
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Chart No. 38 - Foot Adjustments for High Arch and Low Arch Through the Cuboid.



The feet are sensitive structures and need care and attention plus proper shoes. These bones can be molded easier than any other group and many reflexes and pains can be eliminated by it. The feet reflex to the entire body.

The right hand grips the arch of the foot firmly.

The left hand makes a contact with the soft portion of the third phalanx of the thumb on the palmar side, pressed against the cuboid bone on the outside of the foot, and supporting the heel with the fingers.

The adjustment is a twist of the right hand and a quick short thrust by the left hand. It frees the lowest joint of the big toe plus replacing the cuboid and raising the arch. It reflexes to the middle part of the body and is tonic in its effect.



The reverse adjustment for a high arch. The first contact is made on the foot over the highest spot on the top of the arch by firm pressure with the strong middle finger upon it.

The kidney reflex area in each foot is adjusted in the same way as the high arch.

Reinforce the first contact with the other hand by using the middle finger pressure over the original contact.

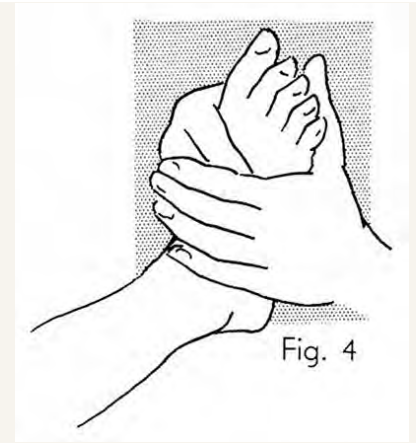


Fig. 4

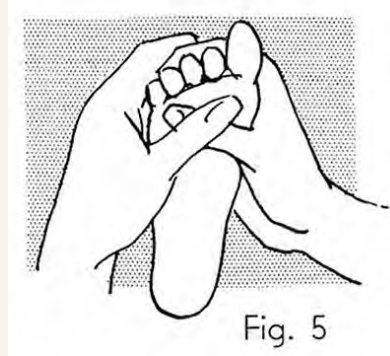


Fig. 5

With the thumbs under the arch, push the foot headward and with the anterior contact firm. Then the adjustment is a mere steady push of one contact against the as a stretch. Then a quick short pull and it is done. When indicated, the adjustment can be heard distinctly. Usually it does not hurt. It reflexes to the middle of the back.

The feet are the most negative pole of the entire body and because of this fact many negative energy blocks are found here that can be removed by manipulation and moulding [molding] to conform to the rest of the body in energy response which shows itself in flexibility and elasticity of tissues. Crystalization [Crystallization] and hardness spell old age decay and death. Youth is elastic. For specific reflex areas see [Chart 4](#) and for definite functional regions see [Chart 2](#).

[Book 2, Chart 37](#) ~ [Book 2, Chart 39](#)

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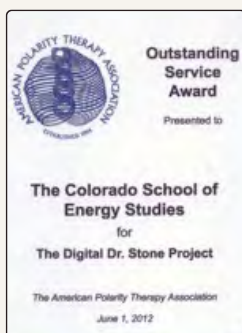
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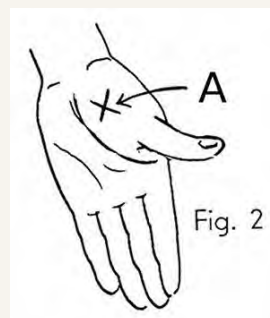
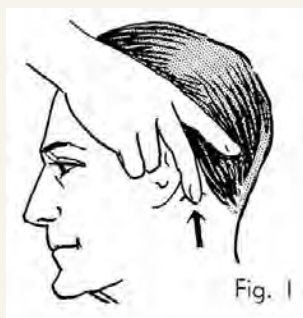
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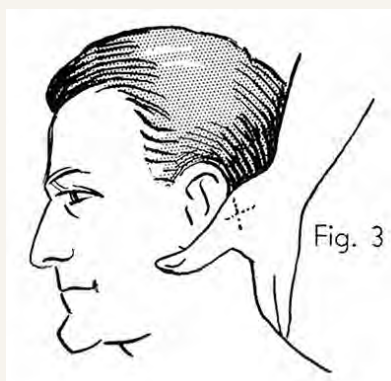
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Chart No. 39 - Occipto-Temporal [Occipitotemporal] Contacts and Positions.



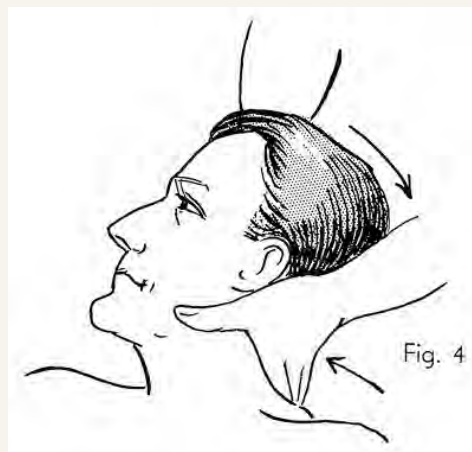
(A) Contact point of hand behind ear.



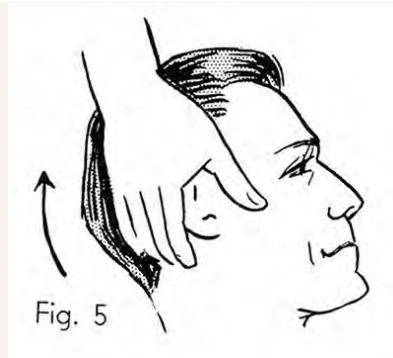
Completed contact

Adjustment position for the temporal-occipital region plus a 7th cervical [seventh cervical, C7] and 1st dorsal [first thoracic, T1] correction, all in one move.

The principle of this contact is based upon the crossing over of the brain currents in the neck and its letter X effect on tissues. A gentle correction given here is supported by the entire hand. It gives by itself when the line of force is correct and indicated by muscle tension. A relaxation of the lower poles must be accomplished first or it will not stay put.



Position of hand on occiput for a stretch to open foramen magnum opposite to the adjusting contact. It also has a positioning effect on the temporal bone.



[Book 2, Chart 38](#) ~ [Book 2, Chart 40](#)

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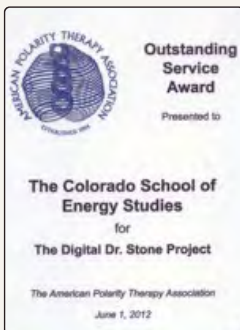
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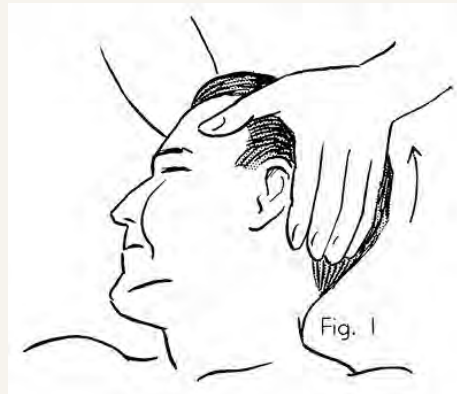
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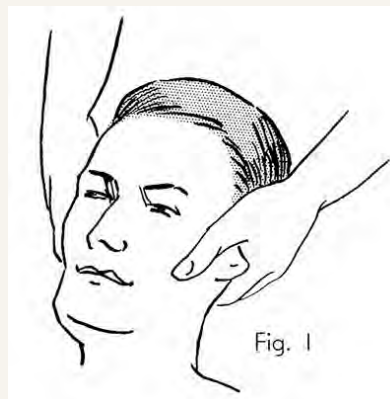
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Chart No. 40 - Rotation and Sidebend [Side Bend] Stretch to Open the Foramen Magnum



Contact for a stretch on the occiput and the neck muscles to open the foramen magnum with the other hand underneath in the same position acting as a fulcrum

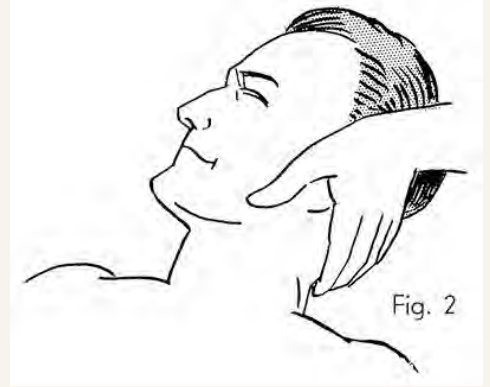
Double contact in action or the rocking stretch movement to line up the head vertically with the body. The occipital condyles are inside of the atlas articulation and control atlas movements. Pulls from below also act as leverage on these muscles. Often a left lateral atlas is released by a perineal contact in all emotional conditions and especially in pregnancy. Use it first.



Double contact on the temporal and occipital bone for a lateral side bend stretch

Showing the contact from the side view. The hand must fit the head and support it. The movement is a gentle molding stretch no force is necessary for best results. Cells

and tissues move with the vibratory
rhythmic impulse of the life force in the
breath.



[Book 2, Chart 39](#) ~ [Book 2, Chart 41](#)

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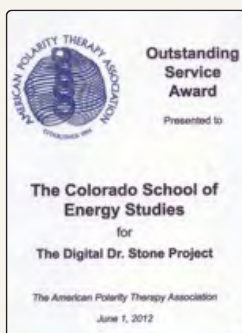
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Chart No. 41 - A Stretch of the Occipital and Upper Dorsal [Thoracic] Region. Adjustments of the Upper Dorsals [Thoracics] By Two Methods.

The neck is the etheric field of energy out of which the lower ovals and centers are formed by reflection from above. See [Chart 1](#). From this center flow out the four rivers of energy to the lower four centers or chakras and return to it as a circuit. Therefore we find that the neck is the proverbial center that catches everything in its position as a link between the head and the body. In physiology we find that the cranial nerves reflex there, especially the pneumogastric [vagus, CN X] and its abdominal reaction. The two sympathetic ganglions also have their influence in the neck with reflexes from below. No wonder most persons are neck conscious when they are under mental-emotional tension or have indigestion of various kinds. Techniques of reflex therapy which release causes of the energy blocks from below should be used first before any attempt is made to treat or to adjust the neck.

Fig. 1 shows the patient lying on his stomach with the face turned to the side of the contacts. The lines of force to be influenced are shown by the arrows. The left hand is on the tender area of the occiput which has been under tension. The technicians [technician's] right hand is on the right side of the spine over the upper dorsal [thoracic] vertebrae which are the negative pole of the tension area. The two contacts are a stretch along the lines of force and the adjustment is merely a little move at the end of the stretch. There must be no rotation movement on the head. This would produce a twist in the neck muscles which is undesirable.

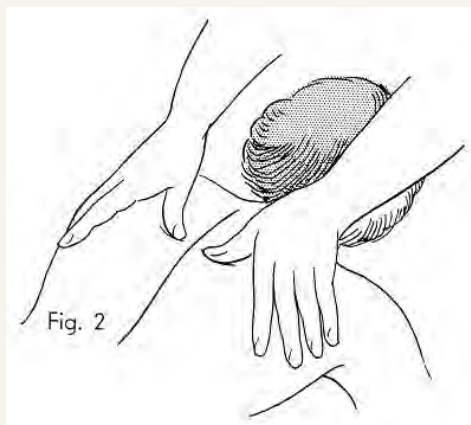


Fig. 2 shows an elastic adjustment with the thumbs on the transverse processes of the upper dorsals [thoracics] with complete relaxation this is a unique technique in the correct direction of the lines of force and there is little hurt attached to it. A rocking directional tension release is most effective in relieving energy blocks which cause soreness and pain.

General rule for correcting anterior upper dorsal [thoracic] vertebrae [vertebrae]:

The upper dorsal [thoracic] curve must be brought to the posterior before any correction for anteriority can be made. The higher the curve is placed posteriorly by bending the head forward on the chest, that much more leverage is applied to the upper six dorsal [thoracic]

articulations for the correction of anteriority. When the patient is lying on the stomach a fairly firm suitable size cushion should be placed under the chest, to bring the peak of the posterior curve on the articulation where the anteriors are to be corrected by any method, in this position. For correcting rib articulations this is a good position with a firm support under the chest. It can be done without pain with the head in a split cushion - face downward.

[Book 2, Chart 40](#) ~ [Book 2, Chart 42](#)

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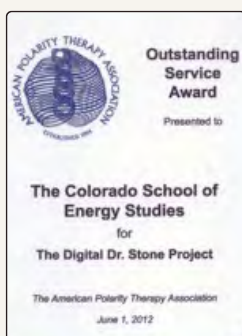
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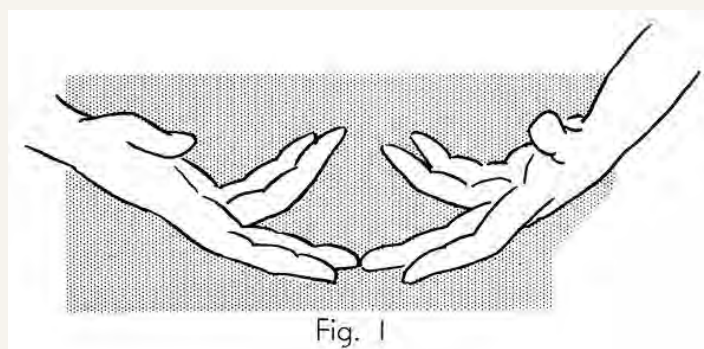
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Chart No. 42 - The North Pole Stretch.



Contact on the occiput with the middle fingers for the north pole stretch after relaxation of tension

This is a move to restore the position of the occiput and atlas, which are pulled inferiorly by the attached muscles. The object is to release the compression between the vertebrae on the cartilagenous [cartilaginous] disks. This can be accomplished sometimes all along the spinal column when relaxation is complete.

A gentle moulding [molding] stretch is used first to release and test tension and the advisability of an extension of the head. If too loose or too tight no adjusting pull should be given.

Position for a stretch and an adjustment to release compression by a pull straight headward from the occipital base contact. The jaw area is used only to steady the head and make the hold firm.



Illustration for page 66 in *"The New Energy Concept of the Healing Art."*^[1]

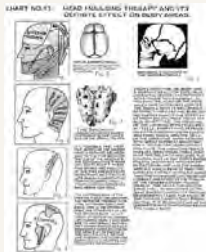
¹ In *The Complete Collected Works*, page 86 of Book 1.

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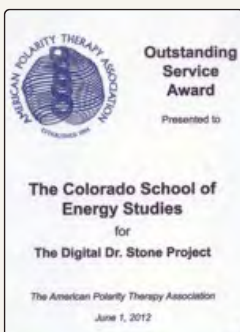
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Chart No. 43 - Head Moulding [Molding] Therapy and Its Definite Effect on Body Areas.

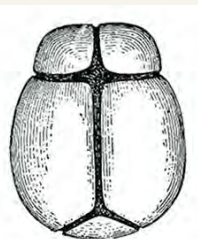
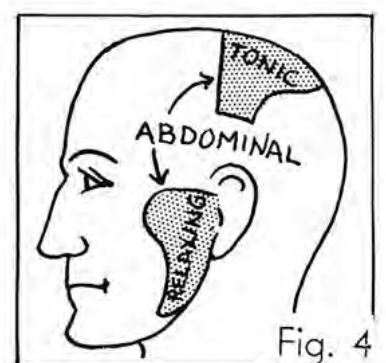
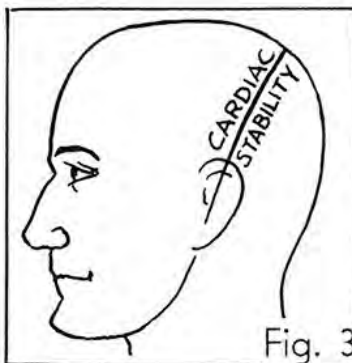
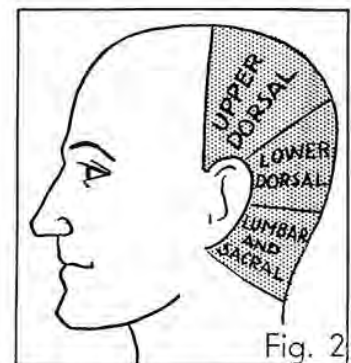
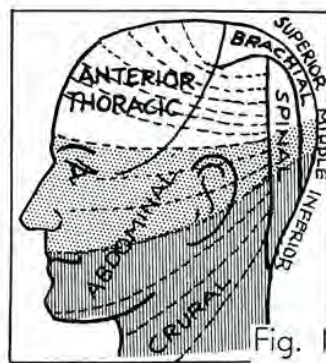


Fig. 5

Top of a baby's skull

Showing the bones of the cranium not yet grown together.

Natural divisions of the human skull.



Fig. 6

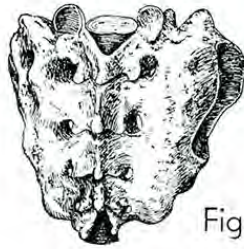


Fig. 7

The sacrum

Consisting of five fused vertebrae at the lower end of the spinal column

Is it possible that these five bones of the sacrum have a definite relationship to the five bones on the top of the head like the foundation of a house has to its roof? These five bones are moulds [molds] of the five energy fields or tattvas [tattvas] and the five life energy currents of prana flowing thru [through] their central contents and nerve centers.

The superior oval is the mental field; the governor. The inferior triangle is the vital sustaining force and field. One is the crown of man, the other was called the sacred bone. What force of potential energy lies hidden here? And what are its mysterious possibilities when raised to fully awakened consciousness? The space in between is the neuter [neutral] pole of the life energy; the sustainer (Vishnu) the supporter and preserver of organisms.

Every contact on the body has a definite reaction, especially over vital centers and representative polar reflex areas. In molding the head or the neck which are superiorly located, the whole body is influenced by direct impulses and by releasing energy blocks due to reflexes from below, these areas are also benefitted. The molding of the cranial bones is an art in itself. Everything depends on keen observation an elastic and firm touch, and the skill of the operator. When working with great interest and attention a doctor can learn direct from life. The moulding [molding] process involves directional force used plus the polarity reflexes. The central axis of the body's energy field is definitely influenced by external impulses of energy applied which reacts thru [through] the wireless energy whirls, flowing thru [through] the meninges like an induced current and effects the tension of the cerebro spinal [cerebrospinal] fluids locally. The skull is a hollow band shell in which the ultra sonic [ultrasonic] energy current of the soul reverberates like the music of the spheres and is thus broadcasted; the brain acting as the converter and switchboard for the whole body.

Illustration Keywords: (fig. 1) anterior thoracic, abdominal, crural, brachial, spinal, superior, middle, inferior

(fig. 2) upper dorsal [thoracic], lower dorsal [thoracic], lumbar and sacral

(fig. 3) cardiac stability

(fig. 4) abdominal, tonic, relaxing

[Book 2, Chart 42](#) ~ [Book 2, Chart 44](#)

[Book 2, "Explanation of Chart No. 43"](#)

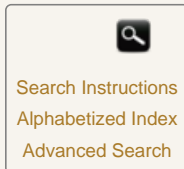
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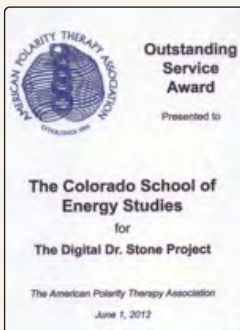
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Chart No. 44 - Special Sense Functions of the Brain and Their Representative Locations on the Head.

These external areas can be influenced by manipulation to react through the brain as a physiological stimuli.

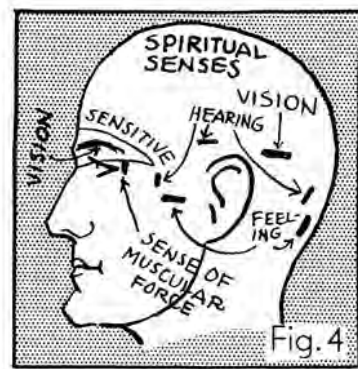
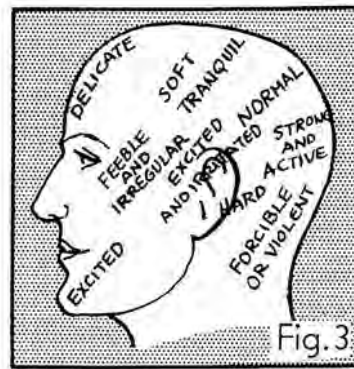
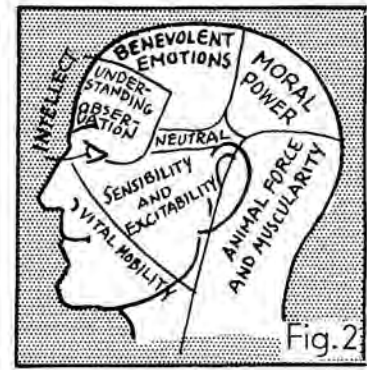
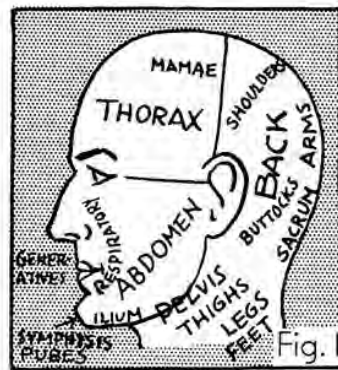
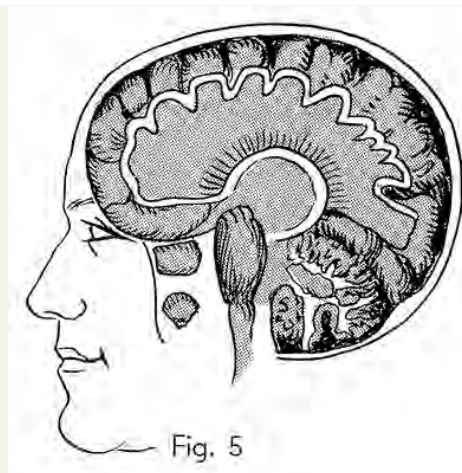


Fig. 1 belongs to the other chart of anatomical reflex areas in the head. It is left here on purpose, to show the connection between the mechanical aspect of molding bones and its reflexes to the body and effects thru [through] the brain, its convolutions and the cerebrospinal fluid. Figs. 2-3 and 4 give general areas for the expression of the finer quality actions of the soul which manifest as faculties thru [through] the mind and build their respective representative location of organs in the brain to express these mental qualities and impulses. No attempt is made here to teach phrenology, but merely bring about a link of understanding, that soul function has everything to do with body and mind function.

All psychiatry has its roots in the mind, which operates these faculties thru [through] representative brain areas. Since it is estimated that from 40 [forty] to 60 [sixty] percent of all diseases have a psychosomatic origin it would be well to give this aspect more attention. An intelligent entity lives in



this body, and it is not a mere chemical-mechanical laboratory. Every reaction depends on the central action of this soul in the body and its fine ultra-sonic [ultrasonic] vibratory energy currents.

A physiological phase could be added to psychiatry by finding the weaker faculties and deficient organic representation and build them up by mental exercise like training for a vocation.

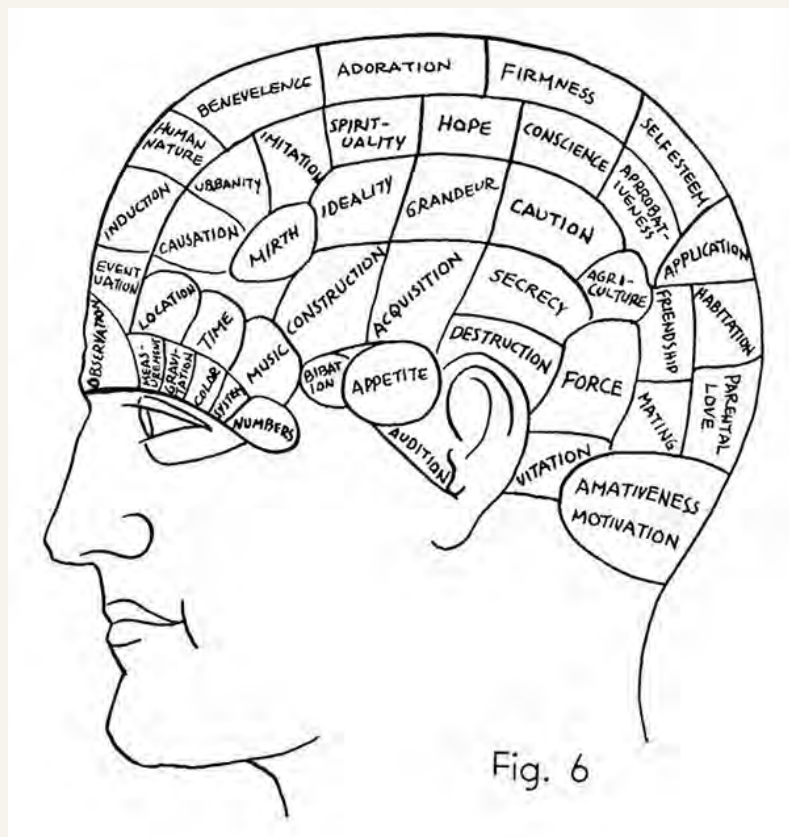


Illustration Keywords: (fig. 1) *mamae [mammas, breasts], thorax, generatives, respiratory, abdomen, symphysis pubes [pubic symphysis], ilium, shoulders, back, arms, buttocks, sacrum, pelvis, thighs, legs, feet*
 (fig. 2) *intellect, understanding, observation, benevolent emotions, neutral, sensibility and excitability, vital mobility, moral power, animal force and muscularity*
 (fig. 3) *delicate, feeble and irregular, soft, tranquil, excited, excited and irritated, normal, strong and active, hard, forcible or violent*
 (fig. 4) *spiritual senses, sensitive, vision, hearing, sense of muscular force, feeling*
 (fig. 6) *observation, location, time, music, measurement, gravitation, color, system, numbers, eventuation, induction, human nature, benevolence [benevolence], adoration, firmness, self esteem, causation, urbanity, imitation, mirth, spirituality, hope, conscience, approbation [approbation], ideality, grandeur, caution, agriculture, construction, acquisition, secrecy, destruction, force, bibation, appetite, audition, vibration, application, friendship, habitation, mating, parental love, amativeness, motivation*

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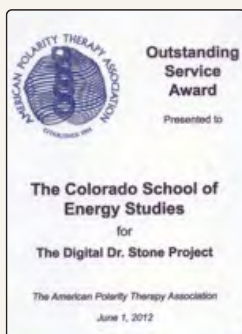
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Chart No. 45 - A Specific Contact in the Sitting Position for Adjusting Fixations of Dorsal [Thoracic] Vertebrae and Anterior Dorsals [Thoracics] - a Stretch of the Spine for the Release of Gases.

Countryside Technique

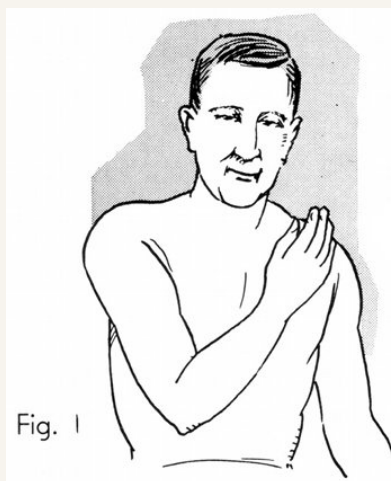


Fig. 1

Figs. 1-2 show the preparation for the lift and the contact points on the hand over the spine. This can be done on either side.

The contact for any anteriority is on the vertebrae below it so the fulcrum is on the anteriority of the joint by the support immediately below it.

This contact can also be used on the transverse process for rotation or fixation of spinal articulations.

(A) Contact over the transverse process

(B) Contact over the spinous process

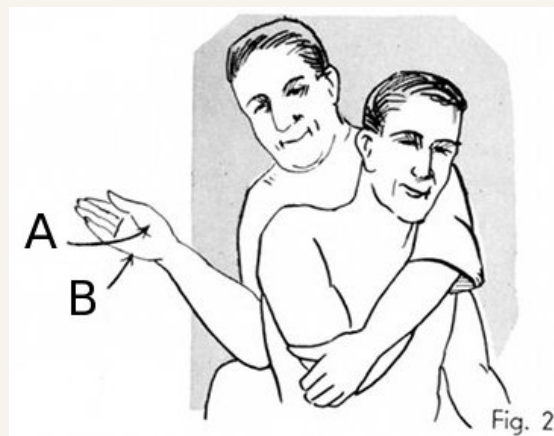


Fig. 2

Fig. 3 shows the application with the elbow supported on the knee of the operator as a fulcrum. The operator's other arm is in front of the shoulder with a hold on the patient's elbow for the lift. This can be a gentle rocking motion and stretch of any articulation in the spine to separate them and hold them for a moment for the reflex release of gas in the bowels and tissues.

The adjustment is merely an increase in the



lift and the fulcrum, raised by the supporting knee. It is easier than it looks and needs but little force.

Fig. 4 shows the application in the upper dorsals [thoracics] with the head bent further forward for the correction of the anteriority of any vertebrae selected.

Extreme tenderness on the spinous process is usually a definite indication of it. However, any fixation may act like an anteriority and should be treated as such.



[Book 2, Chart 44](#) ~ [Book 2, Chart 46](#)

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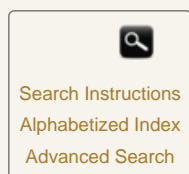
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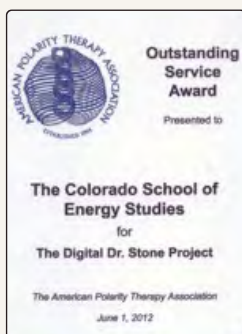
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Chart No. 46 - Brachial Plexus and Shoulder Release in the Sitting Position for Respiratory, Digestive, Circulatory Trouble, and Shock.

Countryside Technique



Fig. 1

Fig.1 shows the same arm lift and knee position on the chair as in [Chart No. 36](#). The thumb and the fingers slide under the shoulder blade as the shoulder is lifted. Both contacts are all around the shoulder blades where the tension is found.

Any doctor should be equipped with a good manipulative art which can be skillfully given on an ordinary kitchen chair for the relief of many ailments and pains. In treating the spine sitting up, a greater leverage can be applied with a fulcrum at any point to separate articulations, and to correct anteriority by placing the hand as a fulcrum over the spinous process on the vertebrae below it. For the release of gas pressure and acute indigestion this type of procedure has an advantage over table technique because gases must go up and this helps the patient to belch freely. Chronic liver and gall

bladder patients are usually full of gas, due to an incompetent ileo caecal [ileocecal] valve and colitis. Even in office treatments the patient should be degassed [degassed] first, in order to get relief and make further therapy more effective.

Fig. 2 shows the left hand of the operator fitted over the anterior part of the shoulder, pushing backwards, while the fingers of the other hand slips under the blade as far as possible; then the right knee lifts the contact and the whole shoulder.

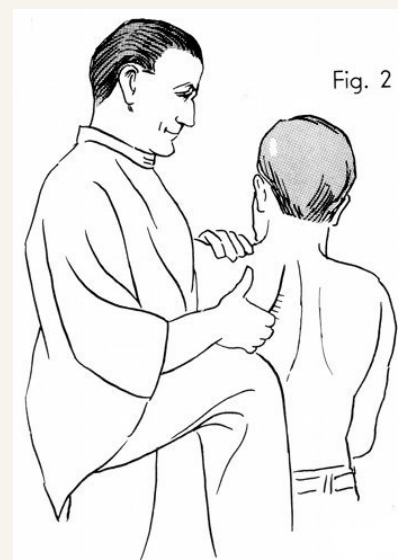


Fig. 2

[Book 2, Chart 45](#) ~ [Book 2, Chart 47](#)

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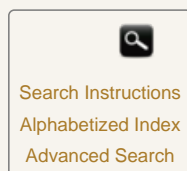
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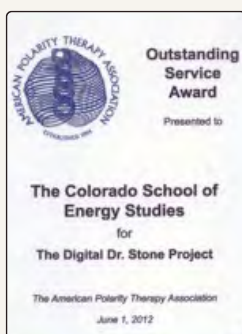
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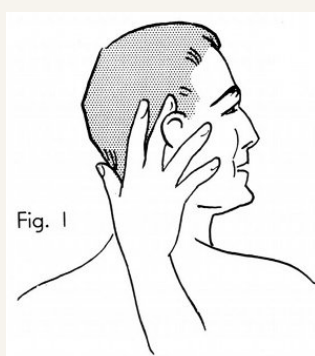


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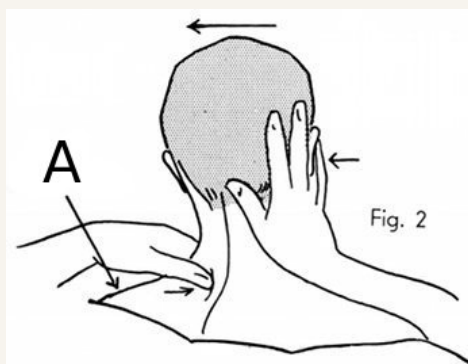
Chart No. 47 - A Well Supported Move in Sitting Position for Muscle Release of the Neck and Dorsal [Thoracic] Region Down to the Ninth Vertebra.

Countryside Technique



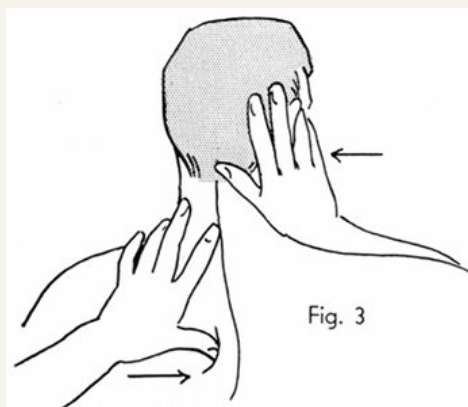
Contact of the fingers behind the ear on the jaw, and the hand on the neck so that the head can be rotated.

Note the support on the neck and shoulders so there is no strain. The middle finger is behind the ear.



(A) High shoulder

The bracing contact point on the high shoulder side. This contact is on the muscles pushing them toward the spinal groove. It can be anywhere on the neck, or the dorsals [thoracics] down to the 9th [ninth] shown in Fig. 3.



This is just one phase of removing energy blocks in the motor area after having duly released the sensory blockade in the anterior and inferior body areas.

This is done with patient sitting on the treatment table, special chair, or any chair. The operator stands behind the patient facing his back.

The head is used as a supported fulcrum to position the atlas thru [through] its condyles within the ring of the occiput and to release and free cervical and dorsal [thoracic] vertebral fixation and tension by gentle

rhythmic moves. Spastic muscles are inhibited in this pressure glide toward the center line and energy blocks are removed by the directional force employed.

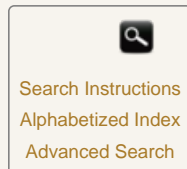
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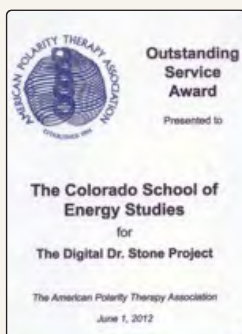
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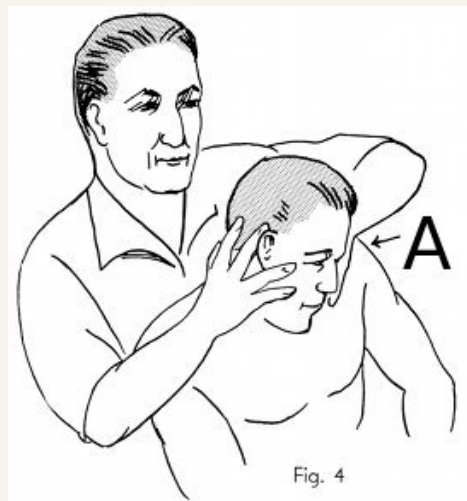


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Chart No. 48 - A Final Move for the Correction of a High Shoulder.

Countryside Technique



(A) High shoulder

The completed contact from an anterior view. This procedure is very valuable where no table is available and release of the neck tension is necessary, as well as relief over the brachial area. It is a powerful leverage and vertebrae [vertebrae] will line up easily as you go along. Any tense muscle area can be held longer or gone over again. A correct and relaxing movement given here, will open the foramen magnum and free the atlas. The shoulder contact is stimulating in its effect.

The contact arm fits over the patient's shoulder and the hand supports the entire neck, so there is no strain whatever by an unsupported leverage. It is not the old T.M [temporomandibular?] movement for adjustment. The objective here is to move energy blocks by stimulation and muscle tension release.

[Book 2, Chart 47](#) ~ [Book 2, Chart 49](#)

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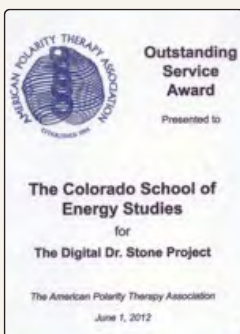
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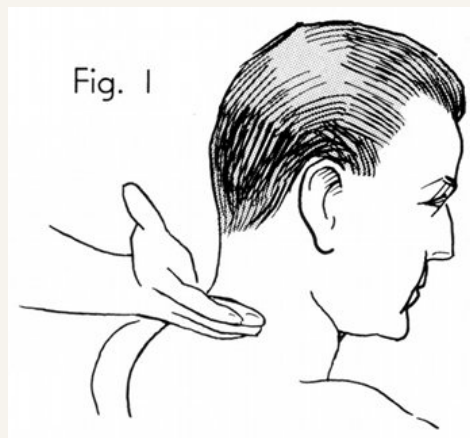


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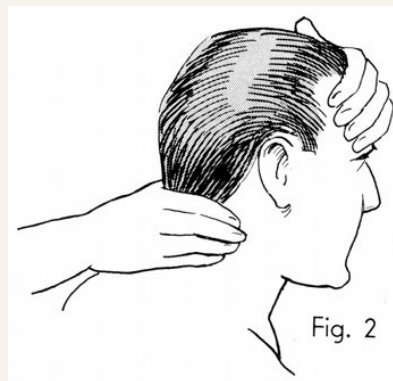
Chart No. 49 - Extension of the Neck in Sitting Position for Headaches, Gas Pressure and Occipito-atlas [Atlanto-occipital] and Foramen Magnum Release.

Countryside Technique



Contact point of the hand laid over the first dorsal [thoracic] vertebrae.

The hands with the fingers and thumbs under the occiput where they fit. The left hand is placed on the forehead above the eyebrows.



The head is pushed back onto the hand which acts as a lift to the head, by the firm support of the bottom of the hand on the vertebra prominence or on the first dorsal [thoracic], depending on the size of the operator's hand and the length of the patient's neck. It is merely a lift by a posterior flexion over the hand. No force or jerk should be used. Repeat several times as a directional stretch to release blocks, pain and congestion.

[Book 2, Chart 48](#) ~ [Book 2, Chart 50](#)

[American Polarity Therapy Association](#)

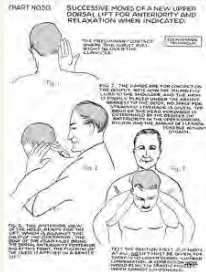
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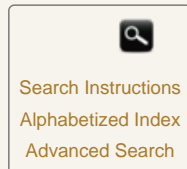
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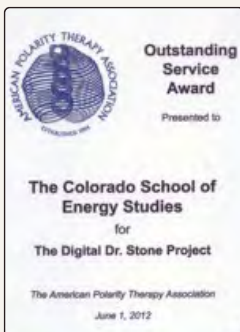
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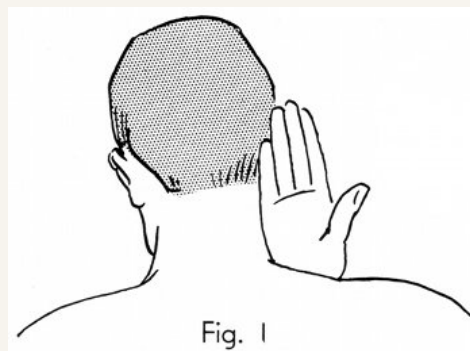


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Chart No. 50 - Successive Moves of a New Upper Dorsal [Thoracic] Lift for Anteriority and Relaxation When Indicated.

Countryside Technique



The preliminary contact where the wrist fits right in over the clavicle.

Fig. 2. The hands are for contact on the occiput. Note how the thumb fits close to the shoulder, and the arm is firmly placed under the armpit nearest to the body. No space for strained leverage is given. The bend of the head forward is determined by the degree of anteriority in the upper dorsal [thoracic] region and the amount of flexion possible without strain.



Fig. 3. The anterior view of the hold, ready for the lift, which is against the chest of the operator. The bend of the head must bring the dorsal [thoracic] anteriority posterior, and at this point, the fulcrum of the chest is applied in a gentle lift.

Test the position first. If it hurts at all, no lift must be given, for there is no lower dorsal-lumbar [thoracolumbar] compensation. A correction now would result in spastic muscles which cannot compensate.

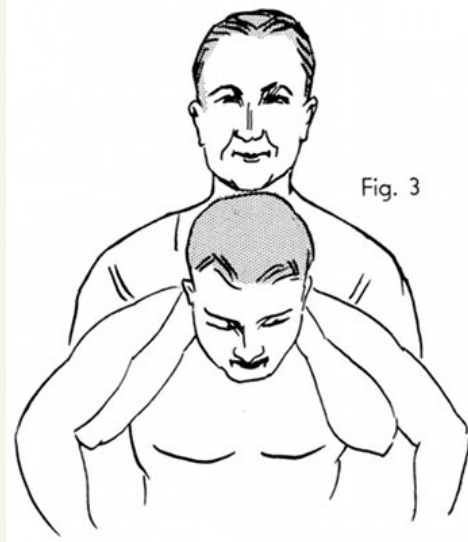


Fig. 3

[Book 2, Chart 49](#) ~ [Book 2, Chart 51](#)

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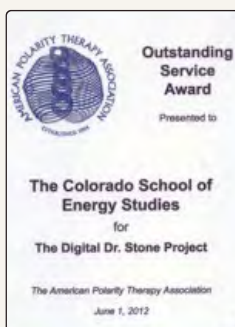
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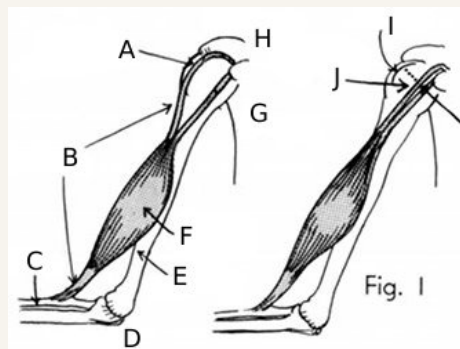
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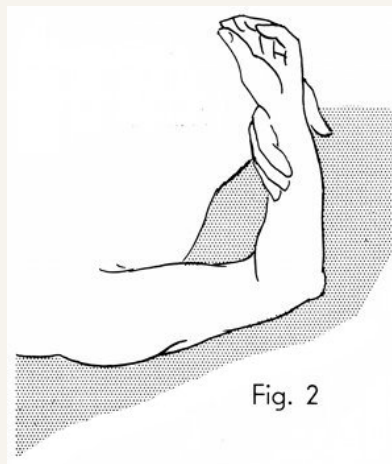
Polarity Therapy Volume 1, Book 2

Chart No. 51 - Replacement of the Tendon of Biceps for Arm That Can Neither Be Raised Completely Nor Brought Backwards.

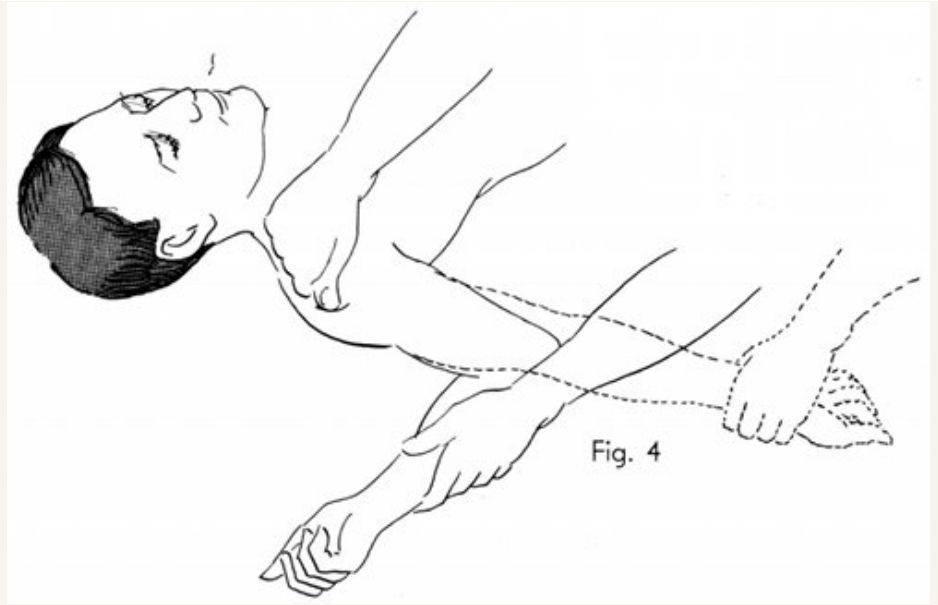


- | | |
|-------------------|--------------------|
| (A) Normal tendon | (F) Biceps muscle |
| (B) Tendons | (G) Scapula |
| (C) Radius | (H) Clavicle |
| (D) Ulna | (I) Groove |
| (E) Humerus | (J) Slipped tendon |

The contact lifts the tendon back into the groove of the humerus and holds it there while it is rotated to a normal position.



Patient is on the back with the arm flexed to take the strain off the tendon. The humerus is rotated forward by laying the elbow on the table and the hand flexed on the body. The thumb then takes a firm contact immediately under the slipped tendon and pushes upward, at the same time the humerus is rotated posteriorly by bringing the flexed arm up toward the head - even with the table. The contact is held and the arm is straightened out.



[Book 2, Chart 50 ~ Book 2, Chart 52](#)

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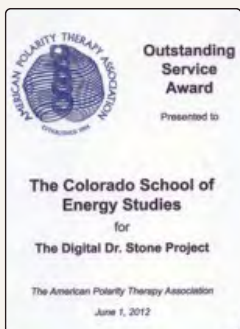
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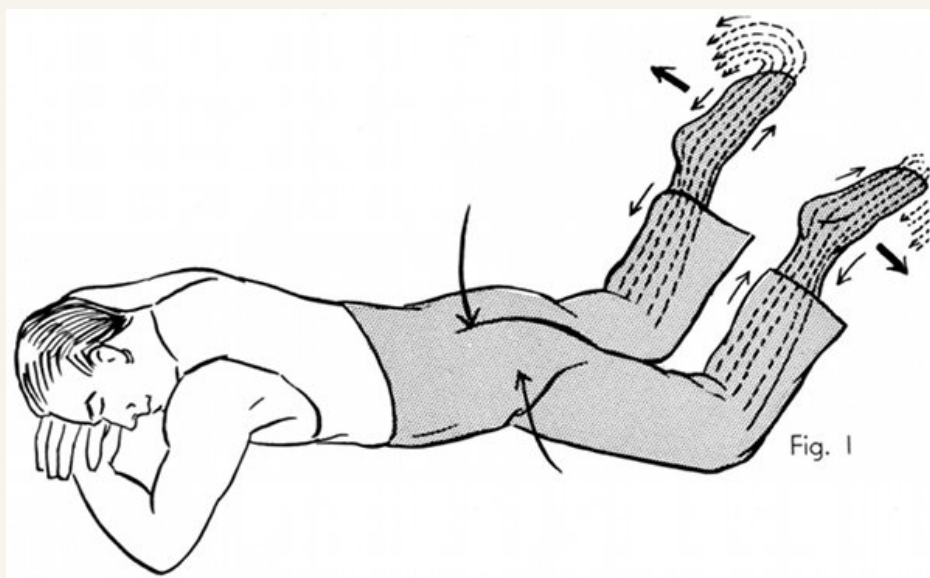


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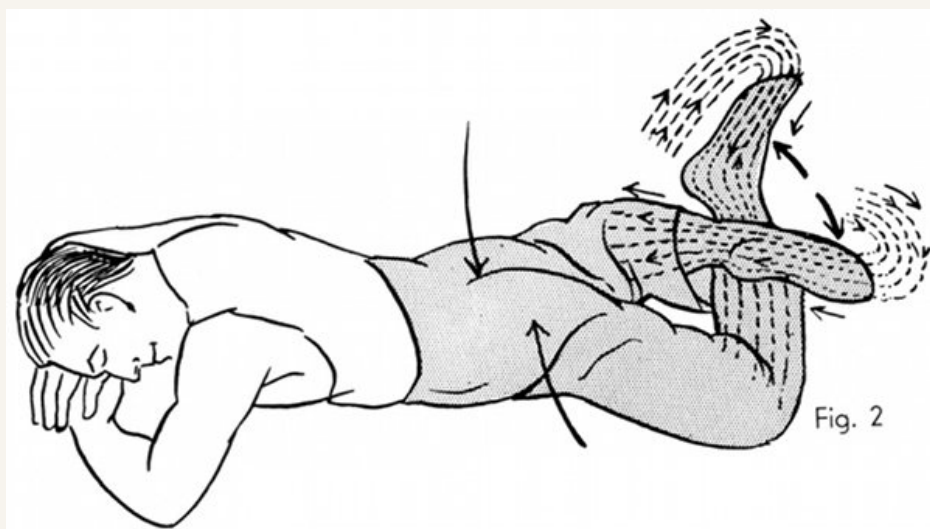
Chart No. 52 - Exercise for Opening Nostrils and Sinuses - Relief of Head Congestion.

A brand new approach to exercise for opening the sinuses and nostrils and to relieve that stuffy feeling in head colds.



The position is face down with the legs flexed and the feet swung outward as far as possible until there is a strain felt in the hip joint and sacroiliac articulation.

Then swing the feet past each other medially, and outward again. Repeat this for 5 [five] or 10 [ten] minutes, several times and the head will clear and the nostrils will open. It can be done on the floor or on the bed and repeated as often as needed.



The factors that produce it are first: the pumping action of the hip joints and muscles stimulating the sacral center and fluids reacting upon the medulla oblongata and the cerebellum. The serpent force of the sun and moon energies or the caduceus from the brain are activated at the negative pole, which opens the breathing centers in the head.

The other point is the fact that the feet in the motion of crossing each other cut the electromagnetic [electromagnetic] lines of force emanating from them, acting like a dynamo in producing a muscular tone effect on the body. This demonstrates the fact of the inferior producing an effect upon the superior by the return current flow.

Additional Keywords: scissor kick, scissors kick

[Book 2, Chart 51](#) ~ [Book 2, Chart 53](#)

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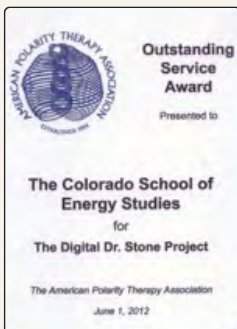
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Chart No. 53 - Checking For the Tense Leg and Hip Which Is Usually the Short Leg and Releasing It By a Torque and a Rhythmic Movement.

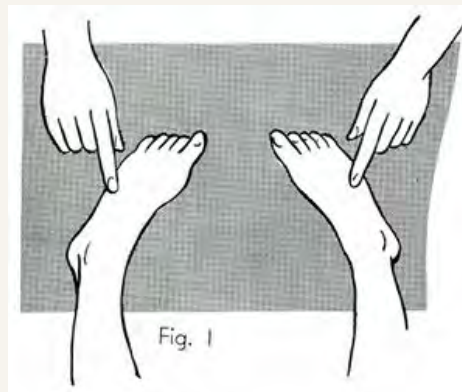
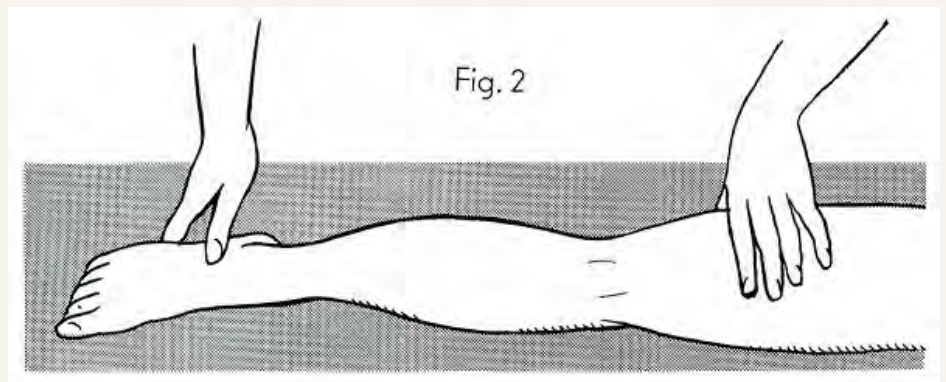


Fig. 1 illustrates the test on both feet. One resists more and does not go freely towards the median line when pushed gently with a finger. Sometimes the test has to be outward as well, to compare tension and resistance in the opposite direction when present.

Fig. 2 places the foot and leg with the greatest tension, in a position toward the median line, by lifting the foot away from the other and rotating the thigh gently toward the middle to take out all the slack. No force is used. It merely lays the leg in the right position.



The hand from the foot (Fig. 2) is brought on the inside of the thigh and holds rotated position.



Fig. 3 shows the lower hand on the inside of the thigh and the other hand spread out on the abdomen with the thumb above the symphysis pubis [pubic symphysis] on the abdominal muscles to control the direction. Now a light rocking motion is started in which the patient's body rocks as a whole until the tension of these muscles is released. There is no thrust, no force, and no push.

Spams of the right anterior thigh muscles indicate liver disturbances. Spasms on the left anterior thigh muscles a stomach block.

[Book 2, Chart 52](#) ~ [Book 2, Chart 54](#)

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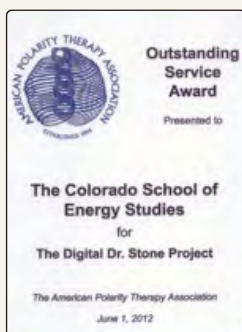
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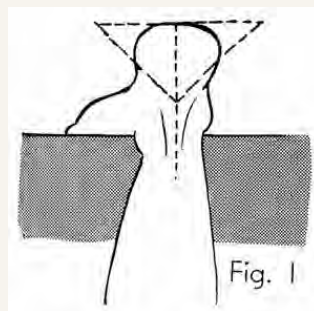
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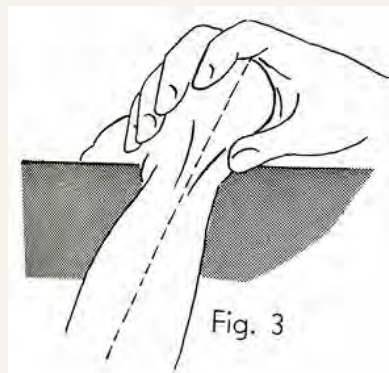
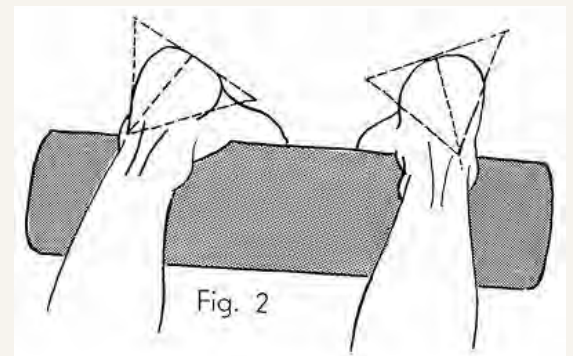
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Chart No. 54 - The Os Calcis [Calcaneus] Bone As the Negative Reflex Pole From the Positive Occiput and the Neuter [Neutral] Sacrum Affecting the Posture and Functions of the Body. Posterior View of Leg Distortions Through the Feet.



Normal heel in line with the leg, which allows free rotation in either direction.

Both heels out of line, and easy to bend in one direction only



Contact on the foot, and the thumb on the most tender spot just above the heel, for reflex action, and bringing it in line.

Contact held with one hand while the other hand is rotating and rocking either the thigh in the same direction for hip release, or is applied to the back or the neck for reflex release by just holding both contacts.

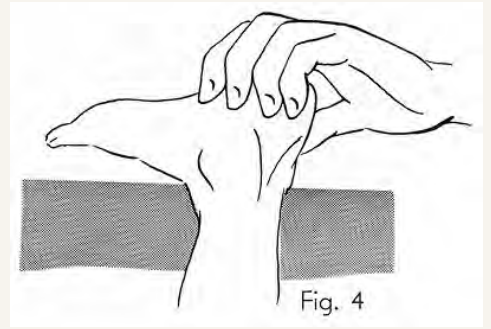


Fig. 4

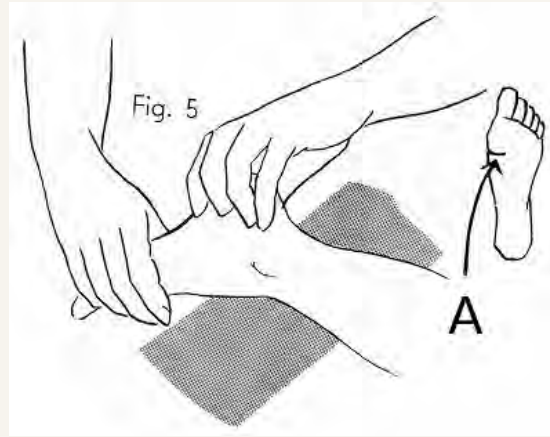


Fig. 5

A complete finger contact near the heel for reflex release, and a contact with the thumb on the diaphragm area, holding both firmly for release of tension in the forehead sinuses or difficult breathing.

(A) Pressure here affects the diaphragm and releases muscle tension, clogged nose and stuffiness in the head.

[Book 2, Chart 53](#) ~ [Book 2, Chart 55](#)

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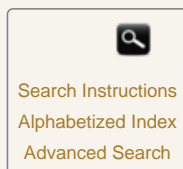
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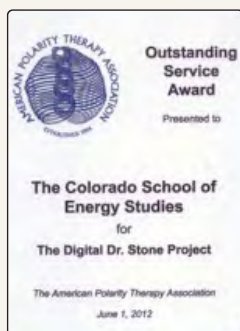
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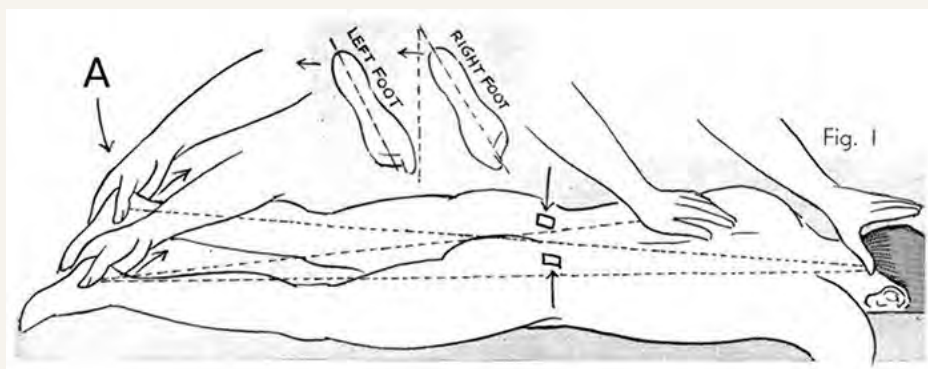


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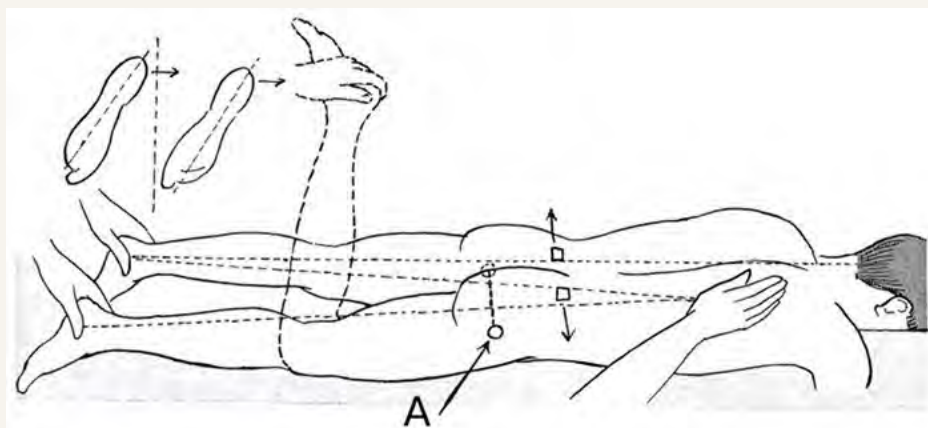
Chart No. 55 - Rotation of Feet and the Correction of the Os Calcis [Calcaneus] Position in Relation to the High and Low Sides of the Hips, and the Entire Back.

Illustrating the center line through the feet which should be in a straight line with the leg and thigh. (As shown in [Chart 54](#))



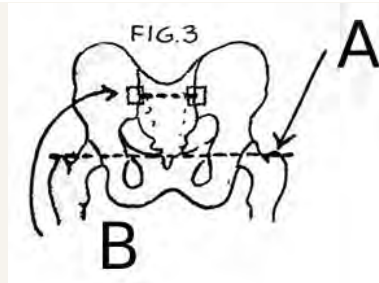
(A) Contacts on the heels to straighten them

One hand on one heel and the foot for leverage, and one hand above on the back, neck, or thigh with a rocking motion. This aims to release the inferior block and tension, through the control areas above, namely the superior positive and the neuter [neutral] pole on the back. Correction above is applied where blocks exist thru [through] occipital contact. The leg may be flexed to reach the occiput or back, to inhibit or rock the area. This can be done on either side one at a time with emphasis on the tense short leg side.



(A) Gravity center of motion

There is usually a heel soreness and a severe occipital tension found on the short leg side. Sometimes it crosses over from one heel to the opposite occiput. Raised portions of the back also show the muscle pull there, which is released by rocking and heel lineup. This is the polarity way of balancing bad feet by lining them up with gravity and releasing muscular tensions thru [through] the electro magnetic [electromagnetic] circuits of the body. It accomplishes more than mere heel lifts and arch supports aim at.



(A) Gravity center of motion

(B) Individual neuter [neutral] balance center to the gravity motion center.

A straight line drawn thru [through] the center of each acetabulum gives the weight bearing gravity center of motion in the body. All motor impulses of the body expressed as physical motion, reflect to this center

line. The body must maintain a balance between its force of muscular impulses and the center line. The body must maintain a balance between its force of muscular impulses and the center of gravity momentum. This is a high point in therapy and easily achieved by this method of polarizing fields and forces.

Illustration Keywords: left foot, right foot

[Book 2, Chart 54](#) ~ [Book 2, Chart 56](#)

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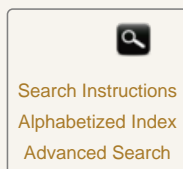
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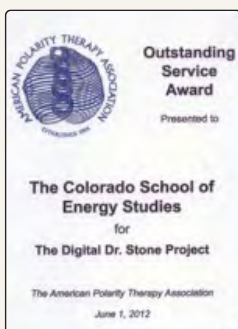
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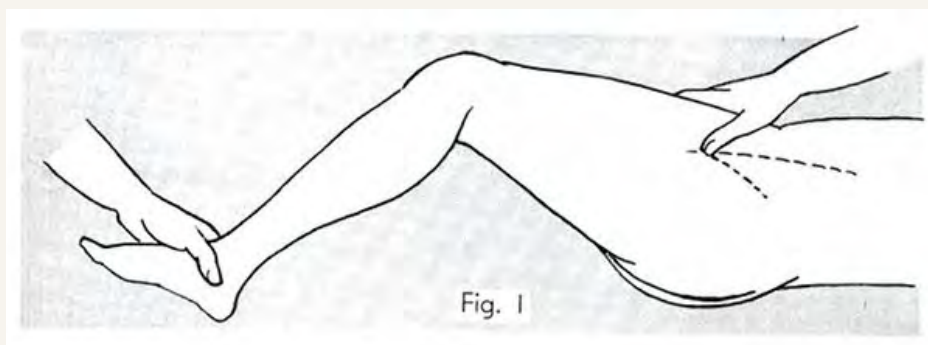
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Chart No. 56 - Correcting Body Rotation Thru [Through] the Hip Joint Articulation and the Os Calcis [Calcaneus] Position and Reflex on the Side of the Short and Tense Leg.

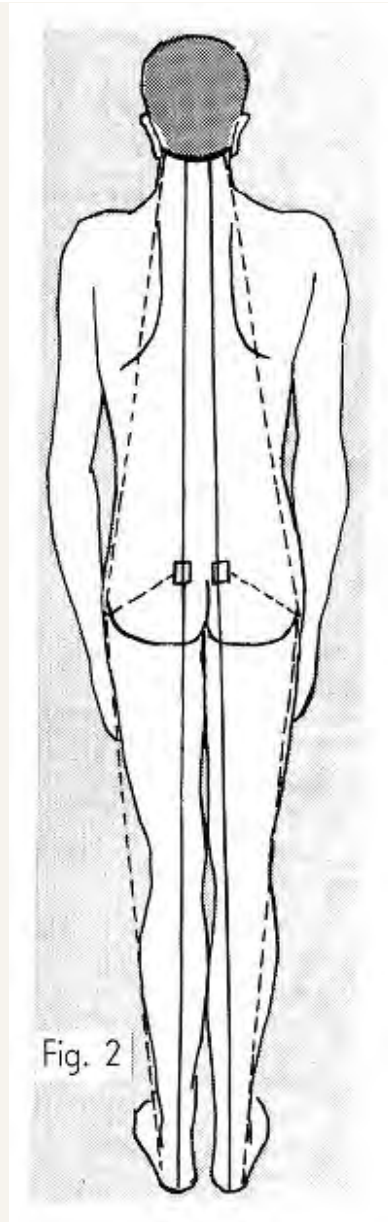
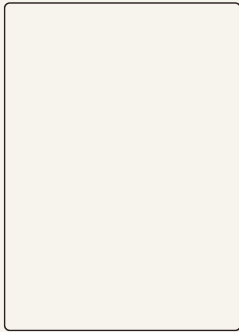


The lower contact is on the os calcis [calcaneus] as shown here with a firm contact - bending the foot outward while the thumb pushes on the tense and tender spot on the heel bone to release its friction and line it up with the center line of the leg as shown on [Chart 54, Fig. 1 + 3](#). The patient lies on the side with the short leg up so it can be treated.

The upper contact is usually from the anterior around the head of the femur to the crest of the ilium where the greatest tension exists. Pressure is applied on tight bands of musculature and held firmly until relaxation takes place. In this manner the area around the acetabulum is released of spastic fibres [fibers]. The direction of the contact is across the tense fibres [fibers] found. The heel bone contact is held at the same time to establish coordinated correction and energy flow by polarity. Holding these two contacts for just a few minutes will often produce astonishing results. The short leg will lengthen and the body line up on the gravity string will be normal or much improved.

This can be done on either side of the body where ever [wherever] the short leg is. The position of the patient on the side assists the operator in applying leverage at the heel and at the acetabulum tensions found. This unique move of double contacts can be applied to other bones in the foot and the glutei fibre [fiber] tensions. There is an energy current flow established in the patient thru [through] the release of pent up waves in the hyper tensed areas. Better conduction is established thru [through] polarity contacts.

Fig. 2 illustrates gravity pull from the heel bone thru [through] the sacro iliac [sacroiliac] articulation to the occiput by two straight lines. The dotted lines



illustrate energy waves radiating from the occiput plus muscle pull on each side of body thru [through] the hip joints, which produce tone and correct posture or distortions of the body in relation to gravity. The external lines of posture are from the occiput thru [through] the hip joint to the heel on each side.

[Book 2, Chart 55](#) ~ [Book 2, Chart 57](#)

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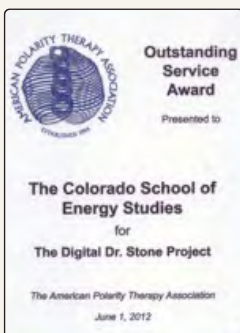
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Chart No. 57 - Polarity Contacts on Rib Heads and Spastic Shoulder Muscles from Posterior to Anterior to Clear Blocks of Digestion and Liver Function.

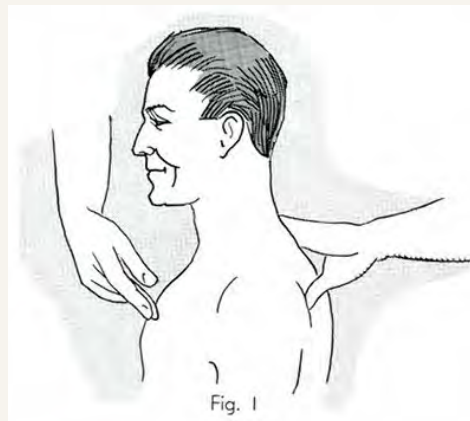
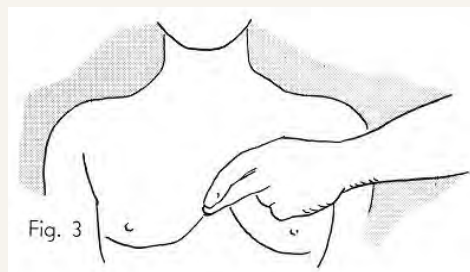
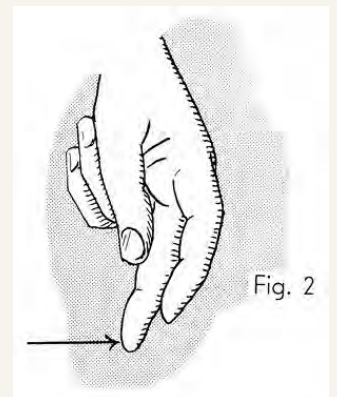


Fig. 1. Patient sitting up or lying on the side. These contacts on the left side of the body are mostly for indigestion and gas. When present the rib heads and shoulder blade muscles are very tender to the touch. Hold contact moderately firm until soreness is less or a gurgling response from the digestion is heard.

The shoulder contact is held with pressure until the spastic or rope like [rope-like] muscles soften. The area is suggested by the same rib heads anterior and posterior.

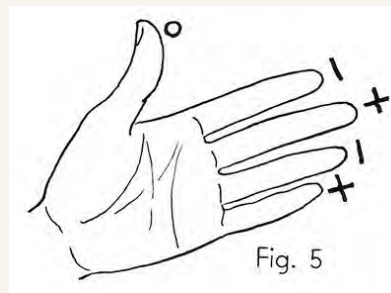
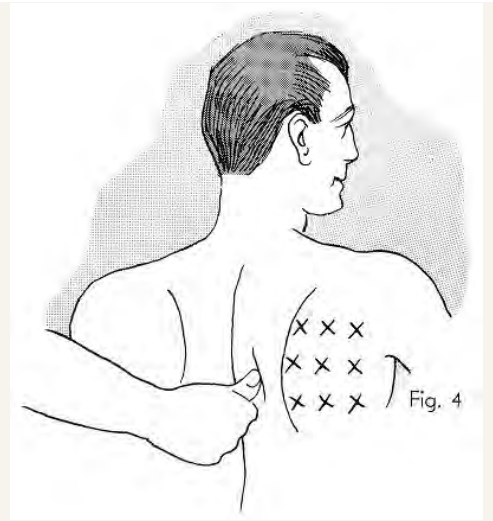
Positive contact finger of the left hand for anterior contacts.



Contact on anterior rib heads

Energy flow is promoted by polarity contacts from posterior to anterior.

Thumb contact on posterior rib heads and points of thumb contacts on spastic muscles on the shoulder blade.



0 Neuter [Neutral]
 - Negative
 + Positive

[Book 2, Chart 56](#) ~ [Book 2, Chart 58](#)

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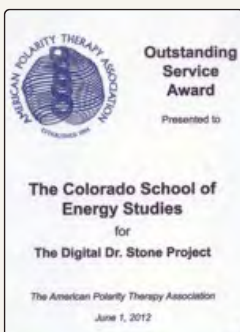
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Chart No. 58 - The Ear Canals as the Superior Centers of Gravity in the Head, around Which Local Circuits Whirl.

To increase the central function of ear, one finger can be placed into the ear canal, grasping the whole lobe firmly between it and the thumb outside, moving and stretching the outer tissue in relation to the center and fixed areas.

Have patient hum while taking polarity treatments, improves the effect on the positive contact. Body areas will vibrate to right pitch. Higher locations need a higher pitch, lower ones a lower pitch.

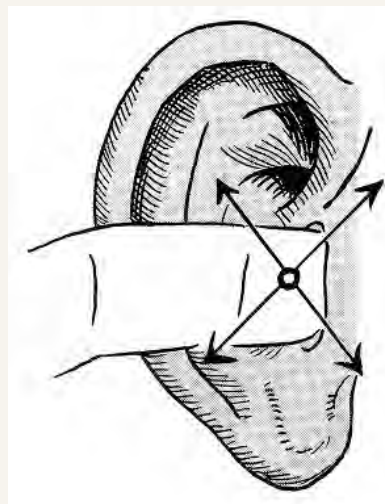
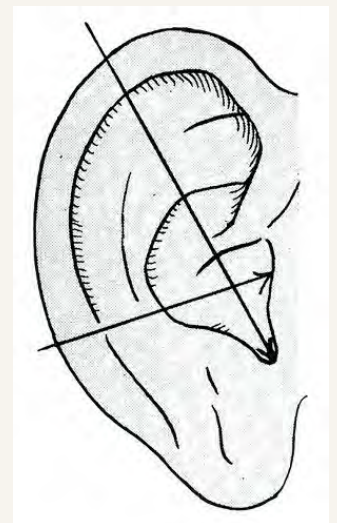


Fig. 1 shows the center of the ear canal with its four major directions of gentle force which may be applied to illicit [elicit] reflexes in the body. The ear canal is the positive pole of the center of gravity in the body. Normally it is controlled by the semicircular canals and fluids thru [through] the sound mechanism of vibratory whirls and impacts. Reflexes from the body also affect it. This center has the same relating position to the head as the umbilicus has to the body in relationship to parts above and below it. The motor center in the back responding to both, is between the 2nd and 3rd lumbar [second and third lumbar, L2, L3] vertebrae [vertebrae]. It is a straight line thru [through] the sensory umbilical center to the posterior spinal center which is the physical weight and gravity center of the body.

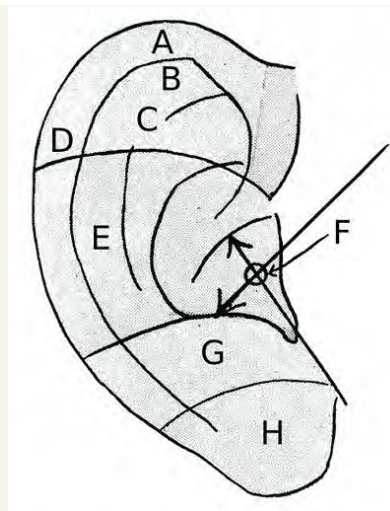
Fig. 2 gives two general lines of force applied to the anterior for sensory reflex responses.

The tregas [tragus] or small lobe can also be grasped firmly, stretched, and rotated with extension releasing energy blocks for better function of hearing. These moves have definite reflexes through sound waves on the central core of the body's energy column.



(A) Head

(B) Neck



- (C) Chest and lungs
- (D) Diaphragm
- (E) Abdomen
- (F) Umbilicus
- (G) Pelvis
- (H) Vitality and long life

Fig. 3 gives the representative areas of the body on the ear. Redness, discoloration in any one area can be a diagnostic clue, like a white or yellowish discoloration in this lung area for pneumonia and other lung diseases. The abdomen is represented in the middle area of the ear. The pelvis is represented below the ear canal. A large lobe below it shows great vitality and reserve energy. It is equivalent to buttox [buttocks] tone which is the negative pole and the wrist bracelets which are the neuter [neutral] pole and indicators of vital force. A person who has both can go thru [through] an illness with more energy and react better to therapy than those who do not have that inherited share of vitality. This simple observation is of value to the doctor. Earlobes, wrist lines, buttox [buttocks] tone, spell reserve energy.

The two general lines of directional force which may be applied to the canal point to the posterior for motor reflex release. This can be polarized by applying one contact on any anterior part of the body with a positive finger.

Fig.4 shows the double application of the little fingers in the ears to clear local reflexes and tenderness found in most ear canals.

Gurgling sounds may be heard as abdominal reflexes respond from this area. It is a valuable aid to relaxation to clear the positive sound area whirls and fields. See [Chart No. 8](#). Cranial bone corrections have their key center here thru [through] the sphenoid bone. Test for directions by the reactions in any of the four major lines of force shown here.



[Book 2, Chart 57](#) ~ [Book 2, Chart 59](#)

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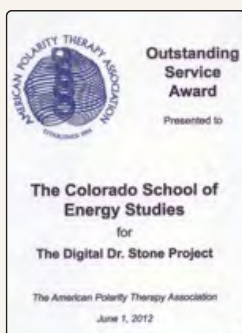
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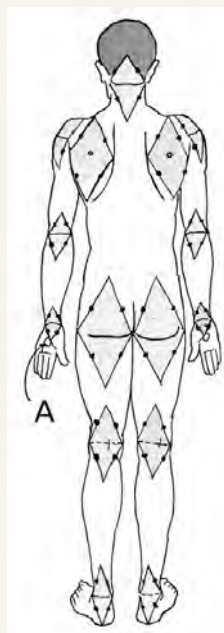
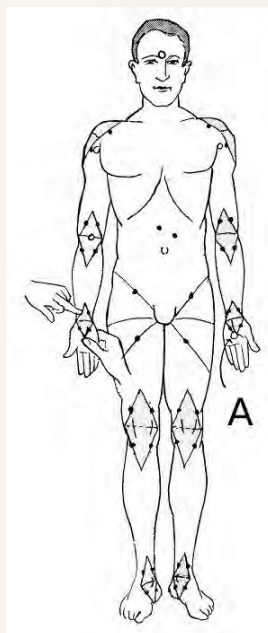


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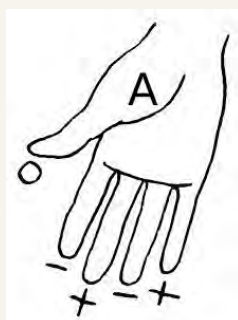
Chart No. 59 - Principles of Local Wireless Current Flow in the Body and How It Can Be Influenced by Polarity Contacts to Flow from the Circumference to the Center.

The thumb of the right hand contacts the center in the palm of the hand or in the sole of the foot. The positive middle finger of the left hand is placed above it on a triangle line held firmly for one half a minute or so until polarity flow is established. Then the thumb moves upward to the place where the finger was and that contact moves upward to the next triangle nearer the center on arms or legs. Each is treated separately wherever blocks exist; as spasms or as paralysis. The thumb is a powerful neuter [neutral] pole; the middle and the little fingers are warming and relaxing as positive actions. The first and the ring finger are cooling and tonic for flacid [flaccid] tissue as negative poles.



(A) Thumb contact from neuter [neutral] pole upward

The effort to start the return sensory current from without inward from joint to joint to the center by clearing blocks from station to station on the way.



(A) Vitality

+ Positive
 - Negative
 0 Neutral

Every joint is a breaking point or a crossover of a certain type of energy flow supplying this field and function. On the triangles above and below the line of flexion are found responsive manipulative contact

points marked as dots.

(A) Thumb contact from the negative pole upward.



[Book 2, Chart 58](#) ~ [Book 2, Chart 60](#)

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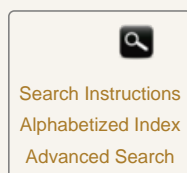
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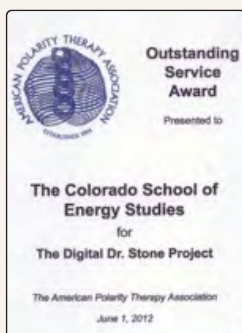
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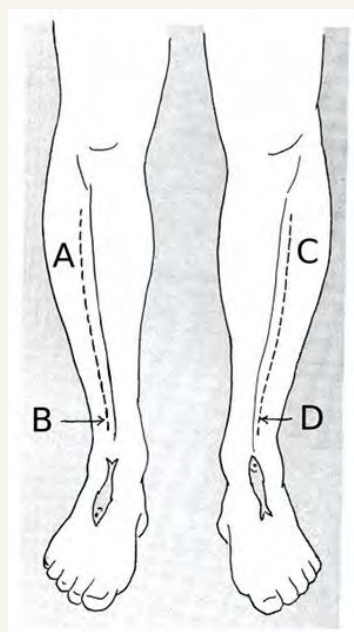
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Chart No. 60 - The Negative Reflexes of the Colon Found in the Legs Between the Tibia and the Fibula.



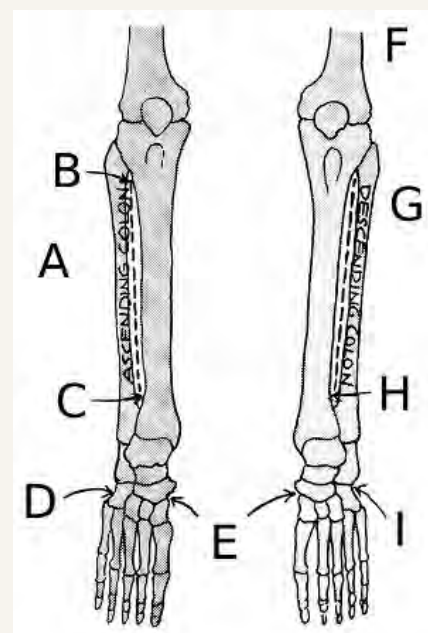
Manipulative movements in the direction of the energy flow are soothing. Movements opposite to it are stimulating in effect.

On the right leg anterior the energy flows toward the foot on the left leg anterior - away from the foot and upward. Fishes show energy flow anteriorly.

- (A) Ascending colon
- (B) Cecum [caecum]
- (C) Descending colon
- (D) Sigmoid flexure

The negative pole of the colon is in the legs as illustrated. Aching legs and knee joint pains especially along the outside of the shin bones are colonic reflexes of irritation, stagnation and gas pressure. They can cause headaches and heart symptoms.

- (A) (Doctor is standing on right side of patient)
- (B) Left thumb contacts
- (C) Cecum [caecum]
Negative reflex area
- (D) Right thumb contact
- (E) Under the arch contact with thumb
- (F) (Doctor is standing on left side of patient)
- (G) Right thumb contacts moving up and down in space between the two bones.
- (H) Sigmoid flexure
Negative reflex area
- (I) Left thumb contact



Contact 1. From the arch of the foot to the colon reflex area on the leg.

Contact 2. From the outside of the foot to the colon reflex area between the tibia [tibia] and fibula, also straightening the foot by holding the contacts.

Contact 3. Contact on the same colon area on the leg may be held anywhere on the dotted line and another contact on the colon itself can be made to balance the neuter [neutral] pole above with the negative blocks below to eliminate them. The object is polarity of current flow not massaging. All contact should be made with the same attention as striking keys on the piano or typewriter.

Illustration Keywords: ascending colon, descending colon

[Book 2, Chart 59](#) ~ [Book 2, Chart 61](#)

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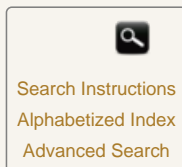
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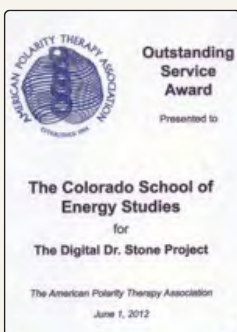
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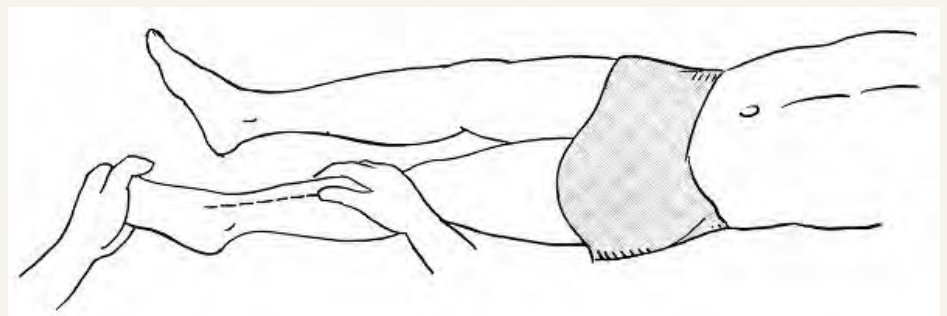
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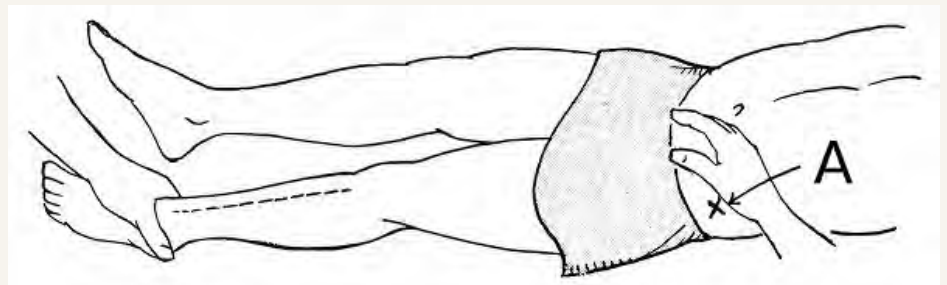
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Chart No. 61 - Co-ordinated [Coordinated] Polarity Stimulation of the Airy Reflex Centers in the Arches of the Feet with the Colon and Its Reflex Centers in the Legs.



Patient is on the table. The doctor stands on the left side with his left hand over the toes of left foot, the fingers supporting the joints under the arch of the foot. The contact bends the toes down firmly lifting and stretching the arch. The tension is held for a moment, then is relaxed and the movement repeated several times. This stimulates the brachial respiratory positive center by reflex action. The same can be done on the right with the opposite hand on these areas. The right hand is over the left leg with the thumb pressing on the dense and contracted tissue blocks in the colon reflex area between the tibia and fibula. Coordinated action in these two areas send their reflexes to their respective positive and neuter [neutral] airy centers

above for better intake of oxygen and elimination of CO₂ [carbon dioxide]; also releasing gases from the stagnant neuter [neutral] colon.



(A) Sigmoid contact

The doctor stands on the left side of the patient and his left hand is over the middle of the arch of the left foot and the thumb makes a firm contact below the left ankle on the outside over the reflex area of the sigmoid and the psoas muscle. See [Chart 17, page 24, Book 2](#). The foot is rotated outward and held while the right hand thumb and fingers contact the area over the sigmoid or psoas muscle on the abdomen. This can be used on either side for the release polarity current reflexes. This arch contact can also be used in connection with working the colon reflexes between the tibia and fibula. As the doctor stands on either side of the patient these contacts become the natural position for the hands without crossing them over each other.

For prostatic and uterine treatments the left contact goes a little lower on the heal [heel] with the right hand over the muscles of the symphysis pubis [pubic symphysis].

[Book 2, Chart 60](#) ~ [Book 2, Chart 62](#)

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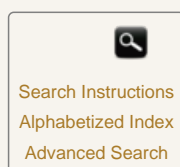
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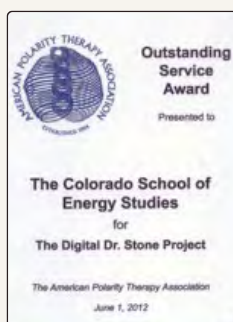
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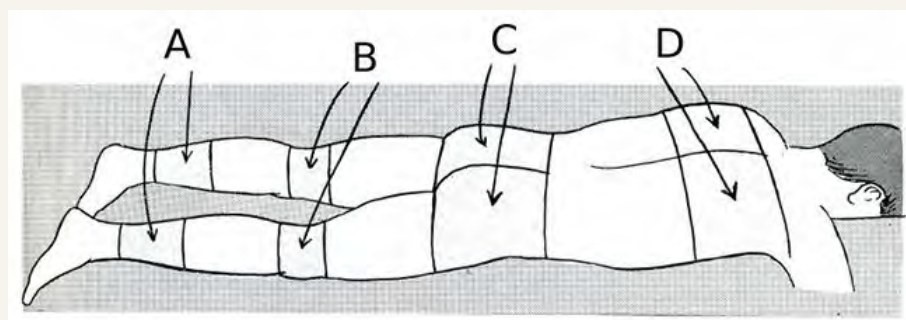
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Chart No. 62 - Negative and Neuter [Neutral] Reflex Areas in the Body for the Treatment of Lumps in the Breasts, also Aortic Reflexes in the Legs.



(A) Negative pole of breast reflex

(C) Neuter [Neutral] pole of breast reflex

(B) Negative pole of aortic reflex

(D) Positive motor area of breast

The breasts are secretory glands on the anterior superior portion of the body. The mammae [breasts] have a direct reflex to the uterus in the female and to the prostate in the male via the finer central core wireless energy currents of the caduceus. The neuter [neutral] sensory reflex of this watery triad is in the pelvis anteriorly and in the buttox [buttocks] posteriorly as a motor vital reflex. Congestions, lumps and very sensitive spots in the buttox [buttocks] have a relationship to the breast and its stagnant areas. The most negative pole is on the back of each leg as marked here, which give direct reflexes to the breast and the nipples. These areas are usually very tender on the legs. Working on the leg area with one hand and on the buttox [buttocks] or brachial area with the other, polarizes the action in these two fields. When the shoulder area is included and the reflexes balanced with the negative and neuter [neutral] poles, the breasts function better by the wireless current flow. With the patient on the side, a gentle rocking motion is the procedure on either two areas at once. Or with the patient lying face down, a gentle rocking motion headward is applied by any two contacts.

The breasts are not treated directly. The calves of the legs will act as a diversion treatment when heat or counter-irritants are applied. Blistering in this area gives excellent reactions because it is in the negative field where the real clogging exists in the energy field and in the tissues.

The back of the knees are reflexes of the abdominal aorta. Often we find an enlargement there of the tibial artery which throbs. On the left leg it indicates back pressure in the abdominal aorta and heart damage. The thrombosis is causing sufficient pressure to dilate the artery here like a bulb. It should be supported by an elastic bandage, and the resistance area polarized. It is usually below the dilation where the thrombosis is active in arterial obstruction. Above the dilation or ulcer in venous obstruction leeches applied to relieve this block below the arterial dilation is the only logical procedure. This has to be repeated several times because arteries are located deeper and drainage through the capillaries must be relied upon. The King of England^[1] had an arterial thrombosis. The neuter [neutral] pole area around the umbilicus should be freed.

¹ King George VI (1895-1952), King of England from 1936 to 1952, died from a coronary thrombosis after a long series of major illnesses including lung cancer and arteriosclerosis.

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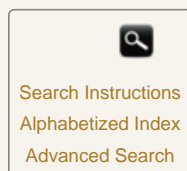
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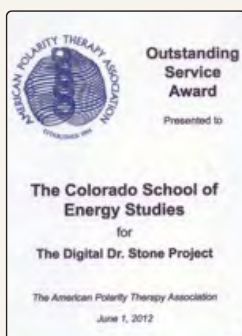
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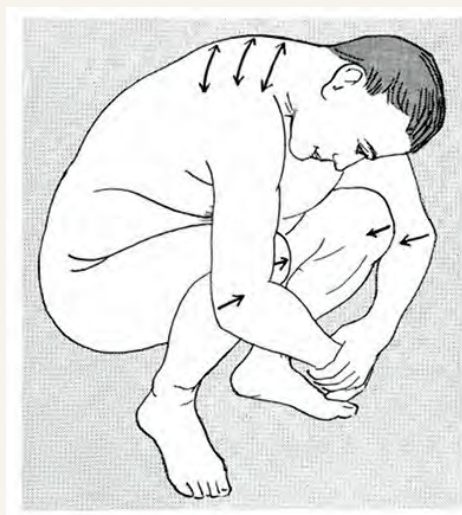
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Polarity Therapy Volume 1, Book 2

Chart No. 63 - The Ideal Posture and Rocking Balance Stretch for the Release of the Downward Airy Currents of Energy in the Body Which Govern All Expelling Functions of Gases, Liquids and Solids. Frees the Back Pressure from the Heart.



The object is the release of blocks in the tissues by motion while these fields are in proximity under a polarity action as well as a muscular pull. Tone and freedom in the pelvis is the objective. This vitality release in the most vital field in the body aids health. The posture is easier with shoes on at first. Try barefooted later as it gives more stretch. Clothing must be free. Only practice conquers and accomplishes. Three minutes several times a day gives good results.

When a person feels tired, restless and cannot relax to go to sleep or feels indisposed in any way it means that the energy currents of the body are not operating as they should. There is interference difficult to interpret. We feel weary. Taking the postures for just a few minutes each, will start the current flow and

will make resting a real pleasure. Feet should be flat on the floor.

This posture is the final stage of many gentle efforts of squatting which stretches the muscles by degrees and not by force. For this position the feet are fairly close together to obtain more support on the colon from the thighs, for the final stretch with the breath from the inside. The downward force - called apana - in the East is activated by this posture. Gravity assists the elimination of liquids and solids. Three airy fields in the body are acted upon at once in this final stage, which makes the downward currents of energy move by releasing the most negative area blocks first in the calves of the legs. The neuter [neutral] pole of this airy principle is in the colon, which becomes a storage for gases, pressed by the thighs, and the arm pull inward on the knees. The positive pole is the chest, as the intake. The brachial plexus is the governor. The arm pull must stretch the area between the shoulders so it is felt. Then a deep breath can be used to stretch all the spinal muscles from within against the head, pull forward, on all these tissues. The response will be felt at once, even vertebrae will adjust themselves naturally as by an inner lift. Gases will roll, and liquids and solids follow the air block release. Vital forces are freed to move as the five vital winds in the body. A rocking motion is now added forward and backward and from side to side as well as a turning rotation if possible.

Additional Keywords: health posture, narrow squat

[Book 2, Chart 62](#) ~ [Book 2, Chart 64](#)

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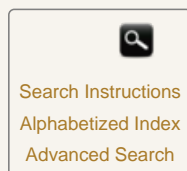
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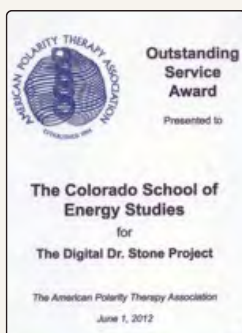
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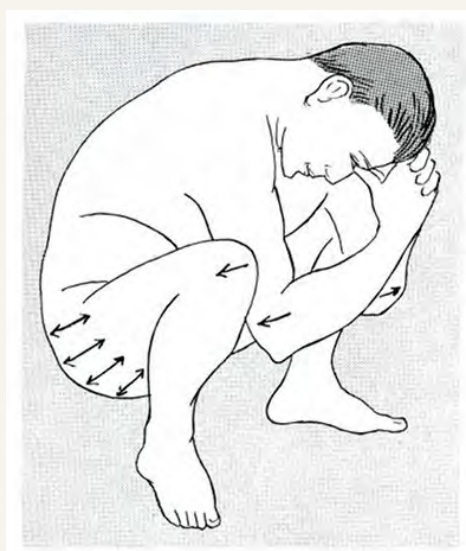
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Polarity Therapy Volume 1, Book 2

Chart No. 64 - A Posture Stretch for Youthful Elasticity through the Release of Vital Force and Blocked Energy Circuits in the Heavy Pelvic Muscles, Freeing the Hip Joints by Gentle Stretching through Rocking Motions.



This posture frees energy in the pelvis which can be used by contacts of the hands and thumbs on the positive pole of the head for the release of reflex actions almost anywhere in the body in self treatment. The two thumbs on the bridge of the nose, and hand touching the forehead affects the central area of the body. A rocking motion activates all these contacts. The hands can be placed on tender spots on opposite sides of the head, in front and back diagonally opposed and held while rocking and stretching in all directions for release. It can also be used for head moulding [molding] in this manner. Fingers can be locked over the top of the head to mould [mold] the parietals. It is polarity reaction which is the active factor in all these responses. The area under the lower jaw gives definite pelvic responses, for toning or release of tension.

Using the left thumb or the first and ring fingers for toning contacts. The right thumb and second [middle] or the little finger positive release the roof of the mouth gives a range of reflexes that are astonishing. One thumb fits perfectly on it while in this posture. The right thumb will open the sinuses instantly and help drainage in cold etc. Stomach reflexes can be elicited at once, if you reach back far enough. The tongue also holds a host of reflex responses to contacts. A few seconds on the right reflex does wonders.

This posture is started with the feet farther apart than the posture described in [Chart no. 63](#). Just comfortable to accomplish a stretch and motion on opposite muscles and tissues. The person eases into this posture slowly and gradually, without force, keeping the heels on the floor. The arms are placed on the inside of knees, the hands are clasped, pushing the knees apart gently and comfortably until the stretch is felt in the thighs and the hips. The thumbs support the head which is bent forward. Now a gentle rocking motion is started for balance of forces and their release in motion. Forward, backward, from side to side and rotation if convenient. Two or three minutes several times a day are sufficient for fine results. The hip joints will be freed and the sacro-iliac [sacroiliac] articulations and the lumbar vertebrae [vertebrae] will benefit by this polarity normalizing movement. Deep tension, spasms, and tissue stagnations will disappear. The elasticity of the step will come back as well as the pleasure of walking. Benefits will be felt by young and old alike. Daily practice does it. Wasted and flabby tissues will be toned and take on a normal appearance. The sagging buttox [buttocks] which is the sign of vital exhaustion will become normal again, through perseverance [perseverance] of practice, aided by quick cold showers over the buttox [buttocks] and hips. For the short time and effort spent in this vital posture, vital effects will be noticed by each person, young or old. Symptoms and pains will change when life currents flow again. The flush in the cheeks will be felt in the postures. The sparkle in the eyes can follow if continued. A youthful life at 65 [sixty-five] is possible through polarity energy currents flowing in their fields again.

Additional Keywords: youth posture, wide squat



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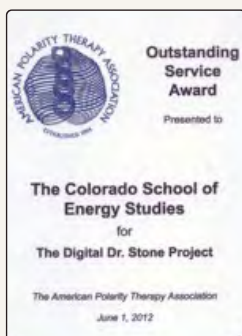
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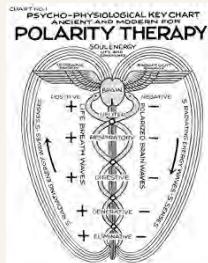
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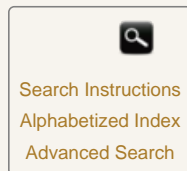
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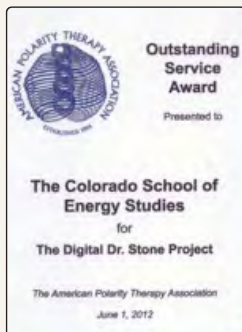
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Chart No. 1 - Psycho-Physiological Key Chart Ancient and Modern for Polarity Therapy

- (A) Soul energy - life and consciousness
- (B) Ultrasonic energy
- (C) Radiant light energy
- (D) Brain
- (E) Neuter [Neutral]
- (F) Respiratory
- (G) Digestive
- (H) Generative
- (I) Eliminative
- (J) Life breath waves
- (K) Polarized brain waves
- (L) 5 [Five] radiating energy waves - 5 [five] senses

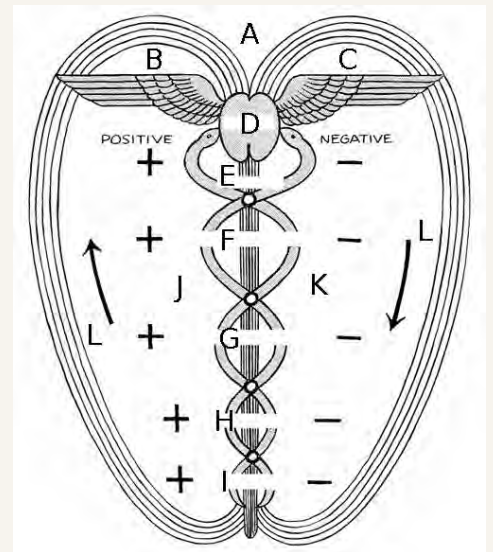


Illustration Keywords: positive, negative, +, -

[Book 2, Chart 64 ~ Book 3, Chart 2](#)

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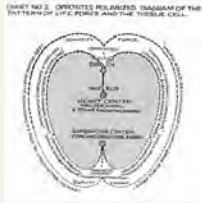
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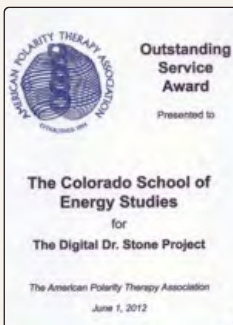
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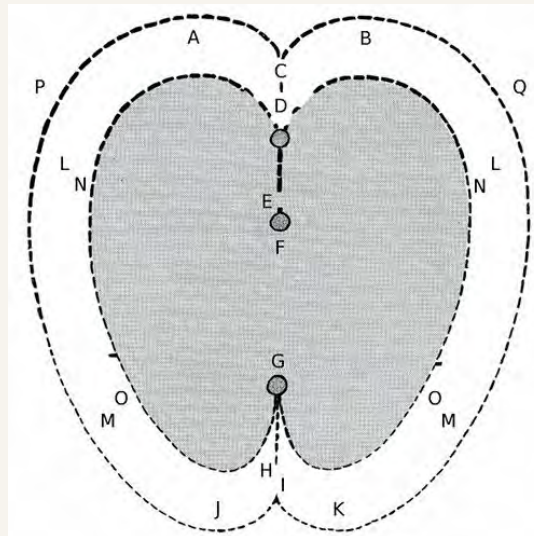
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Chart No. 2 - Opposites Polarized. Diagram of the Pattern of Life Force and the Tissue Cell.



(A) Quantity

(B) Force

(C) Opposites

(D) Mind - Brain

(E) Nucleus

(F) Heart Center - Neuter [Neutral] whirl - A triune radiating energy

(G) Generative Center - Vital and structural energy

(H) Magnetic energy

(I) Polarity attraction

(J) Quality

(K) Essence

(L) "Contraria contrariis curantur." [Opposites are cured by opposites.]

(M) "Similia similibus curantur." [Likes are cured by similars.]

(N) Centrifugal electro-magnetic [electromagnetic] energy.

(O) Centripetal energy.

(P) Seed power and its individuality dies to yield after its kind.

(Q) "Unless a seed dies unto itself it cannot bring forth fruit."

[Book 3, Chart 1](#) ~ [Book 3, Chart 3](#)

[Book 3, "Explanation of Chart No. 2"](#)

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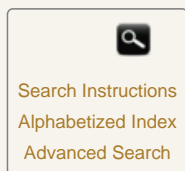
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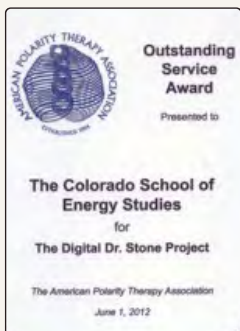
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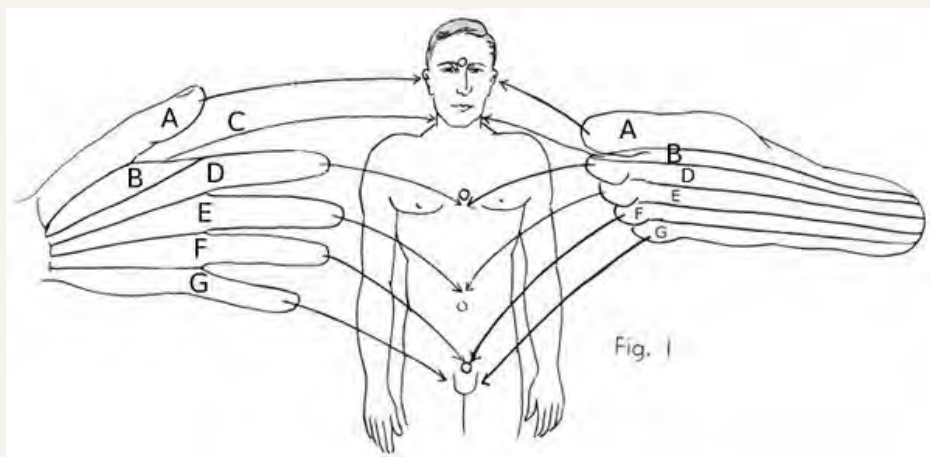
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Chart No. 3 - Comparative Diagnostic Reflex Areas of Therapeutic Importance. The Story the Hands Can Tell About Polarity Therapy. Superior-Inferior Locations of Body Ovals and Their Wireless Circuits Found in the Hands as Acute Neuter [Neutral] Reflex Areas and in the Feet as Chronic Negative Symptomatic Reflex Areas.

The palm of the hand is laid out into areas for the extension of each reflex over the entire body. These can be traced and treated from the hand up or downward polarizing with the head or feet.

The sole of the foot is divided into longitudinal areas for each reflex over the body. Contacts can be from below upward or reversed.



(A) ½ [Half] of brain and spinal cord - Head

(B) Neuter [Neutral] - Neck

(C) Respiratory

(D) Circulation - Touch - Chest - Heart

(E) Digestion - Assimilation - Abdomen

(F) Creative - Generative - Pelvis

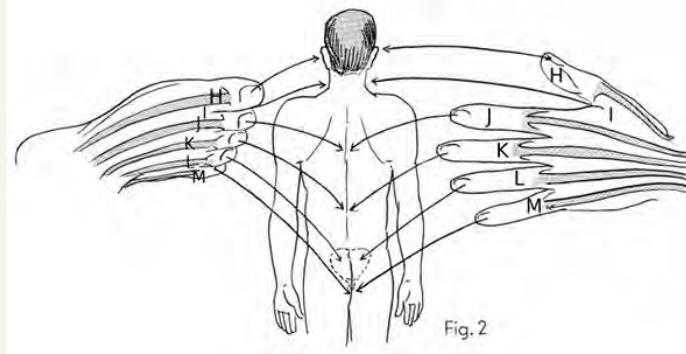
(G) Eliminative - Bladder - Rectum

Posterior corresponding fields and their diagnostic end reflexes for polarity therapy response in chronic conditions.

Acute reflexes

(H) Head

(I) Neck



(J) Chest

(K) Abdomen

(L) Pelvis

(M) Rectum

Each half of the body has its response in the hand and the foot on that side. Diagnosis is made by the nails and the soreness of the joints. Bipolar contacts and pressure is made from the anterior to the posterior and from side to side for best results.

The back of the hand and the top of the foot reflex to the back of the body. Pressure can be used between the tendons as well as on the joints and on the nails. Contacts on the back of the hand are made with the finger tips and the thumb on the palm of the hand.

[Book 3, Chart 2 ~ Book 3, Chart 4](#)

[Book 3, "Explanation of Chart No. 3"](#)

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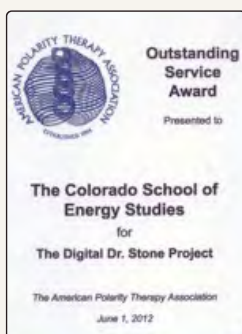
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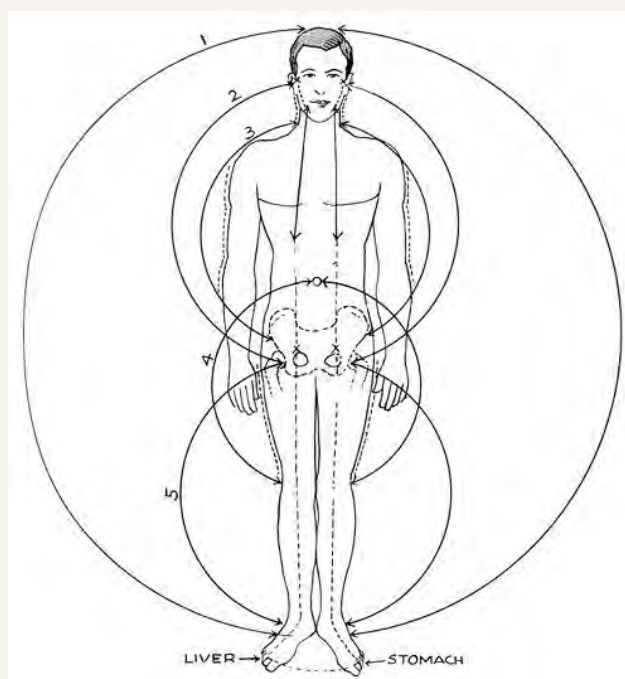
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Chart No. 4 - Geometric Anterior and Lateral Polarity Reflexes as Potent Superior and Inferior Contact Points Polarizing the Superior Pole with Middle or Inferior Pole.



Polarized circuit by holding both toes simultaneously.

Illustration Keywords: 1, 2, 3, 4, 5, liver, stomach

[Book 3, Chart 3](#) ~ [Book 3, Chart 5](#)

[Book 3, "Explanation of Chart No. 4"](#)

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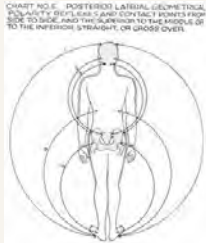
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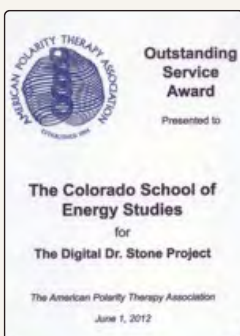
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Chart No. 5 - Posterior Lateral Geometrical Polarity Reflexes and Contact Points from Side to Side, and the Superior to the Middle or to the Inferior, Straight, or Cross Over.

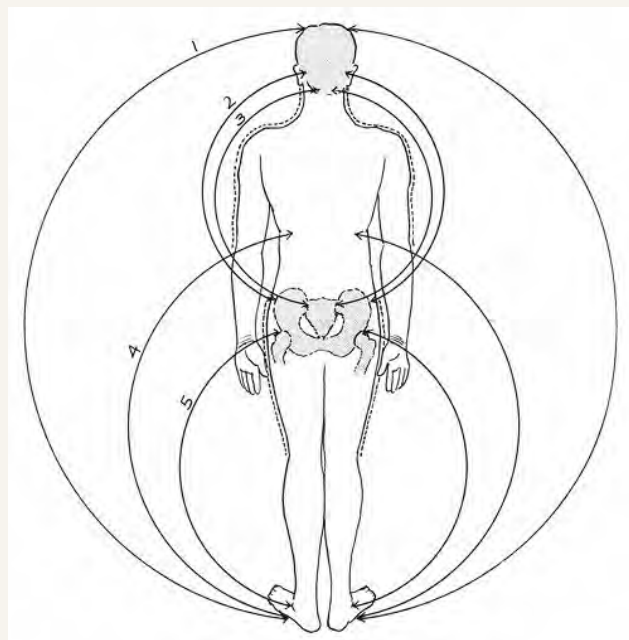


Illustration Keywords: 1, 2, 3, 4, 5

[Book 3, Chart 4](#) ~ [Book 3, Chart 6](#)

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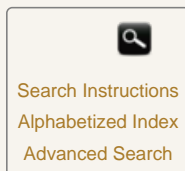
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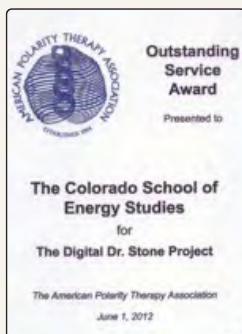
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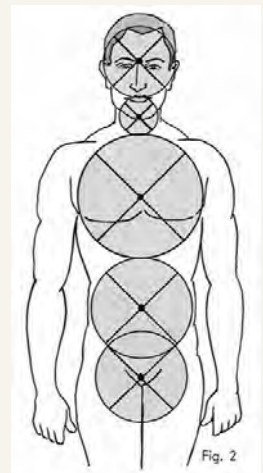
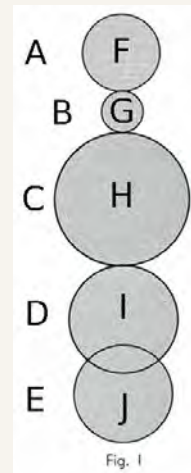


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Chart No. 6 - Primary Fields of Space Circles as Body Cavities with Their Cross Over [Crossover] Polarity Lines of Energy and One Neuter [Neutral] Center in Each. The Chest Represents the Physical Field of Airiness and Respiration. The Energy Aspect of the Airy Element is Usually Attributed to the Mind, the Brain, and the Nervous System, Prior to Physical Function.

- | | |
|----------------------|---|
| (A) Fire element | (F) Primary vital mind pattern |
| (B) Neuter [Neutral] | (G) Etheric |
| (C) Air element | (H) Respiratory and circulatory system |
| (D) Earth element | (I) Digestive system assimilation elimination |
| (E) Water element | (J) Genito-urinary [genitourinary, urogenital] system |



[Book 3, Chart 5 ~ Book 3, Chart 7](#)

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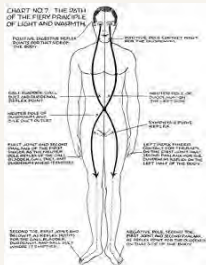
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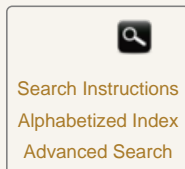
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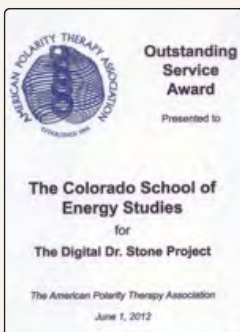
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Chart No. 7 - The Path of the Fiery Principle of Light and Warmth.

(A) Positive digestive reflex points for that side of the body

(B) Gall bladder, gall duct, and duodenal reflex point

(C) Neuter [Neutral] pole of duodenum and bile duct outlet

(D) First joint and second phalanx of the first finger as the neuter [neutral] pole reflex of the gall bladder, gall duct, and duodenum where it empties.

(E) Second toe, first joint, and below it, as reflex points for the gall bladder, duodenum, and gall duct where it empties.

(F) Positive pole contact point for the duodenum.

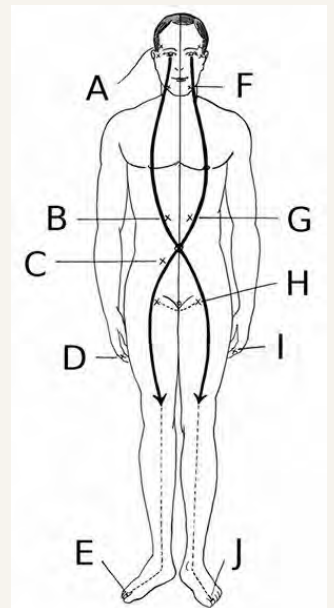
(G) Neuter [Neutral] pole of duodenum on the left side

(H) Symphysis pubis [Pubic symphysis] reflex

(I) Left index finger contact for therapy on the first joint and second phalanx for the duodenum reflex on the left half of the body.

(J) Negative pole, second toe, first joint and second phalanx, as reflex point for the duodenum on that side of the body.

Additional Keywords: yang



[Book 3, Chart 6 ~ Book 3, Chart 8](#)

[Book 3, "Explanation of Chart No. 7"](#)

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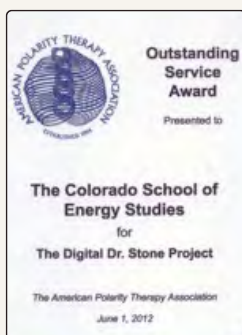
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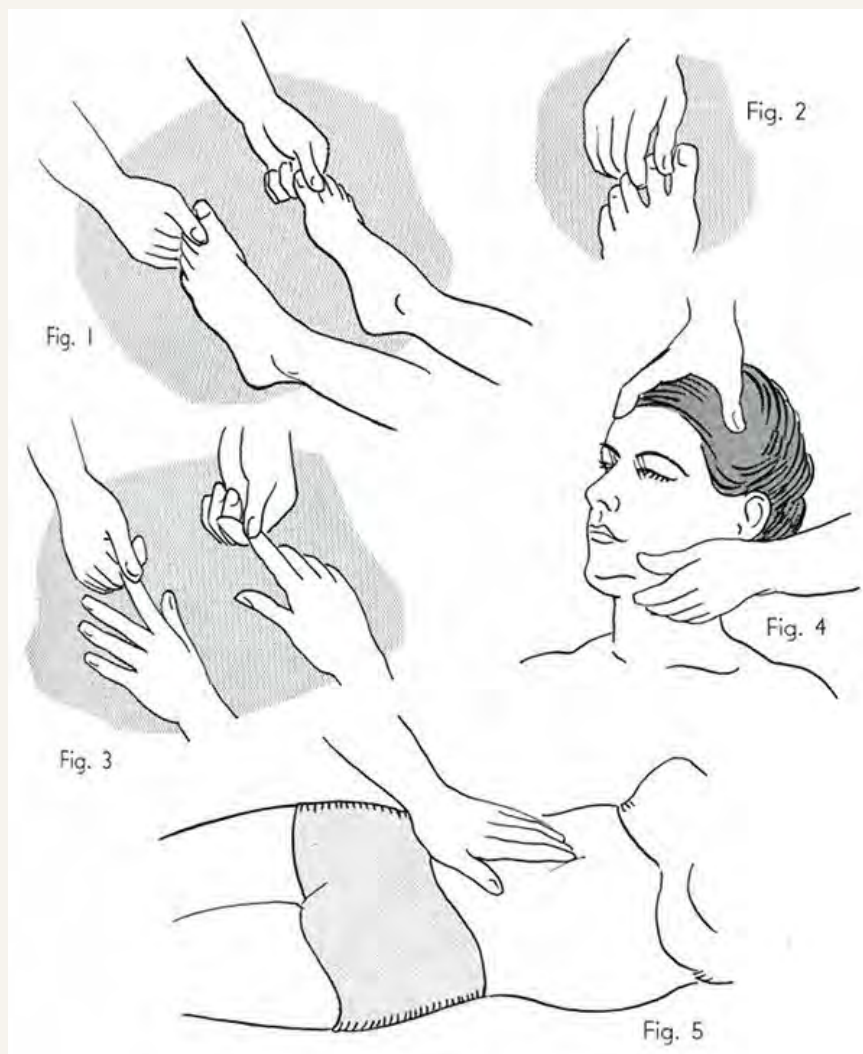
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Chart No. 8 - Principles of [Chart No. 7](#) Applied as Therapy. Polarity Contact Points for Gall Bladder, Gall Duct and Duodenum, to Release Energy Blocks.



[Book 3, Chart 7 ~ Book 3, Chart 9](#)

[Book 3, "Explanation of Chart No. 8"](#)

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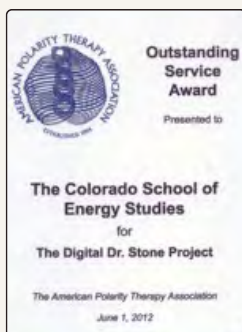
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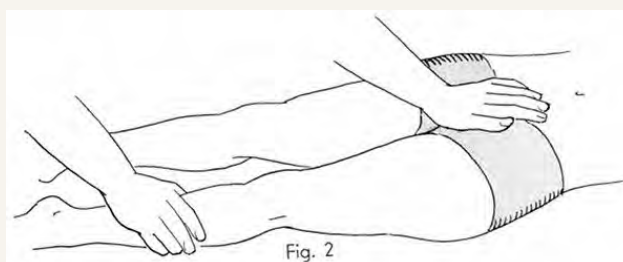
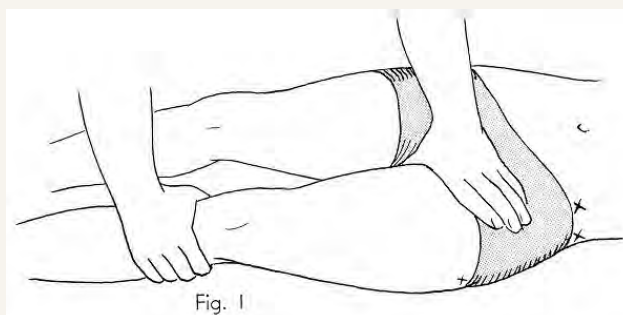
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Chart No. 9 - Polarizing Painful Energy Blocks in the Long Bones of the Legs.



Spastic muscles over the anterior superior spine of the ilium [ASIS] cause the anteriority of the innominate [hip] and the sacrum. The positive pole is the tension over the shoulder and on the outer arm muscles on that side. Both areas must be polarized by firm pressure contacts simultaneously for release.

See [Chart 13 Book 4](#)

The inner muscles of the thigh on each side have a releasing effect on pelvic organs and muscles. Like the perineum, they also have a polarity reflex to the throat and neck muscles. Firm polarizing contacts here are valuable for throat and neck release especially in torticollis.



[Book 3, Chart 8](#) ~ [Book 3, Chart 10](#)

[Book 3, "Explanation of Chart No. 9"](#)

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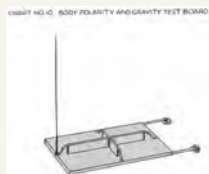
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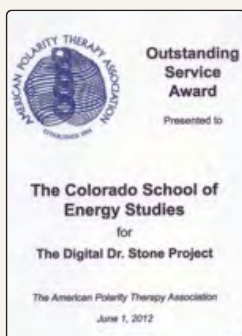
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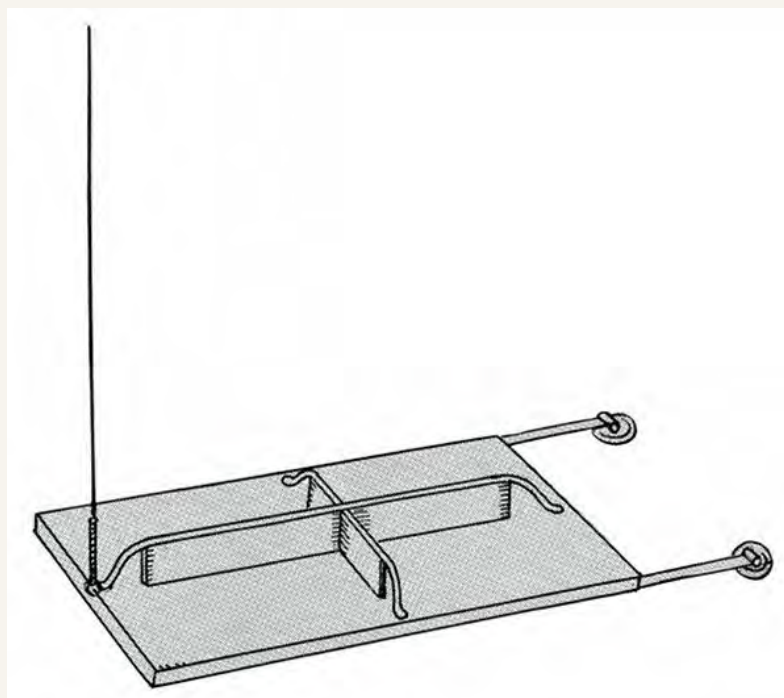
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Chart No. 10 - Body Polarity and Gravity Test Board.



[Book 3, Chart 9 ~ Book 3, Chart 11](#)

[Book 3, "Explanation of Chart No. 10"](#)

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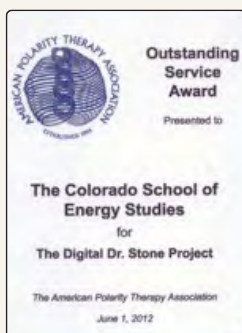
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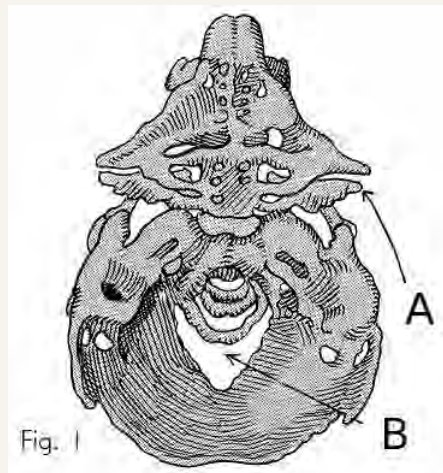
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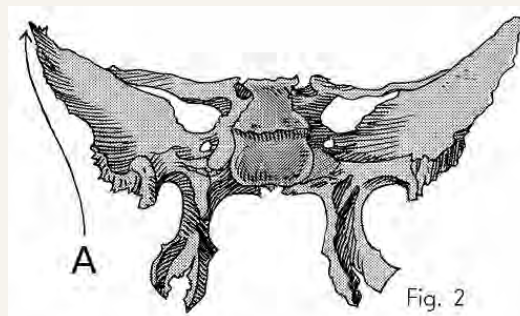
Chart No. 12 - The Sphenoid Bone and the Coccyx Correspondence as Superior and Inferior Polarity Reflexes.



Chondrocranium of a human embryo

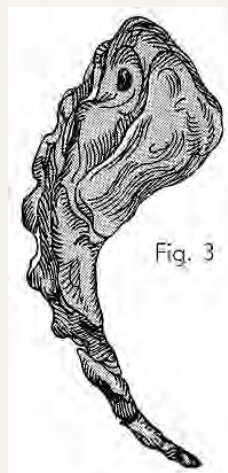
(A) Greater wing of sphenoid

(B) Foramen magnum



Sphenoid bone posterior view

(A) Greater wing of sphenoid



Sacrum and coccyx from the right side

Area of negative pole energy blocks. Reflexes to sphenoid and foramen magnum

Coccyx front view



[Book 3, Chart 11](#) ~ [Book 3, Chart 13](#)

[Book 3, "Explanation of Chart No. 12"](#)

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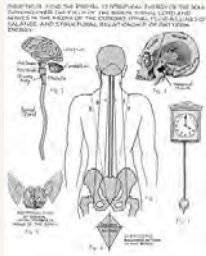
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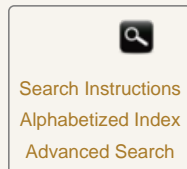
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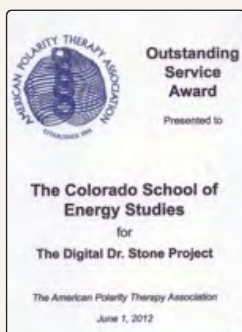
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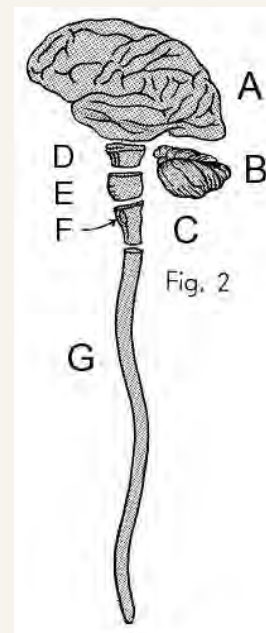
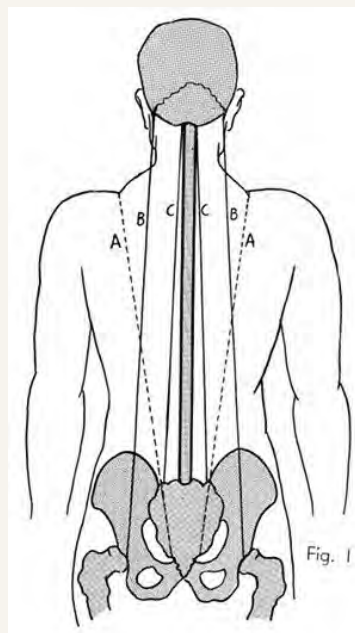
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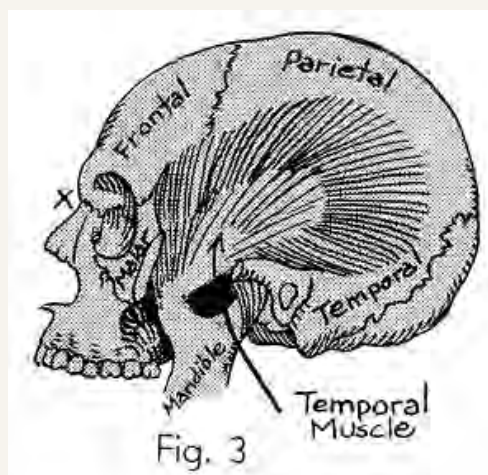
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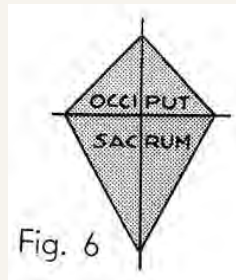
Chart No. 13 - Mind the Primal Centrifugal Energy of the Soul Flowing Over the Field of the Brain, Spinal Cord and Nerves in the Media of the Cerebro-spinal Fluid as Lines of Balance, and Structural Relationship of Pattern Energy.



- (A) Cerebrum
- (B) Cerebellum
- (C) Medulla
- (D) Mid-brain
- (E) Pons Varolii
- (F) Olivary body
- (G) Spinal cord



Posterior view of brain with symbolic wings of the soul



Gyrospheric balance action in the body.

*Illustration Keywords: (fig. 3) frontal, parietal, temporal, temporal muscle, mandible, malar [zygomatic]
(fig. 6) occiput, sacrum*

[Book 3, Chart 12 ~ Book 3, Chart 14](#)

[Book 3, "Explanation of Chart No. 13"](#)

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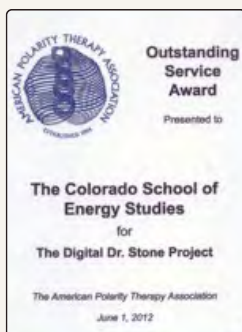
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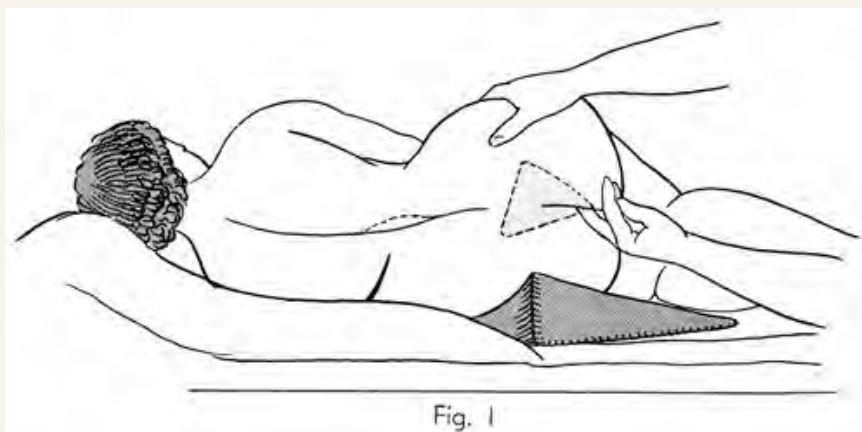


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Chart No. 14 - Sacral Balancing Technique by Vibratory Directional Impulses and Position.

Correcting a lateral tilt of the sacrum, with the inferior base on the side of the lateral spinal curve.



Correction of a right anterior sacral base by leverage and directional contact.



[Book 3, Chart 13](#) ~ [Book 3, Chart 15](#)

[Book 3, "Explanation of Chart No. 14"](#)

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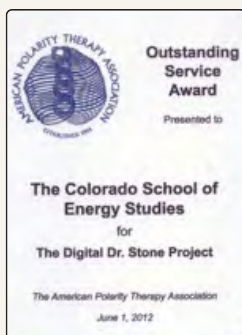
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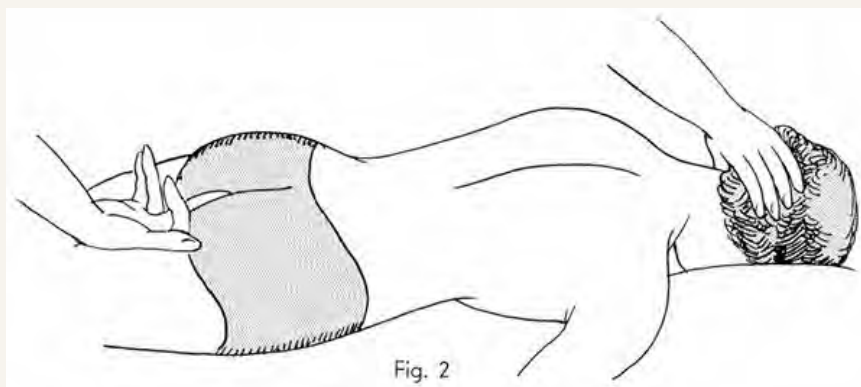
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Chart No. 15 - Vibratory Posterior Sacral and Innominate [Hip] Technique.



Sacral, temporal and occipital bone polarization.



[Book 3, Chart 14 ~ Book 3, Chart 16](#)

[Book 3, "Explanation of Chart No. 15"](#)

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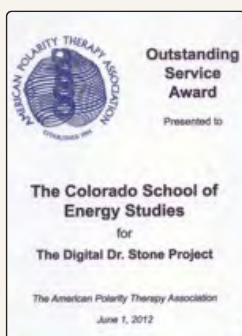
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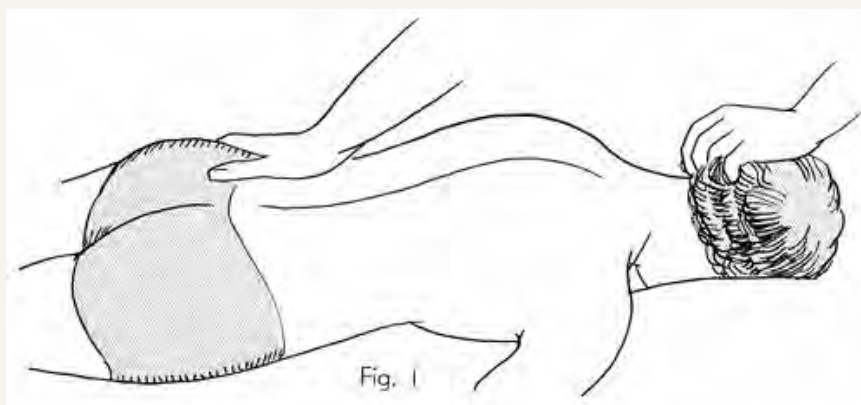
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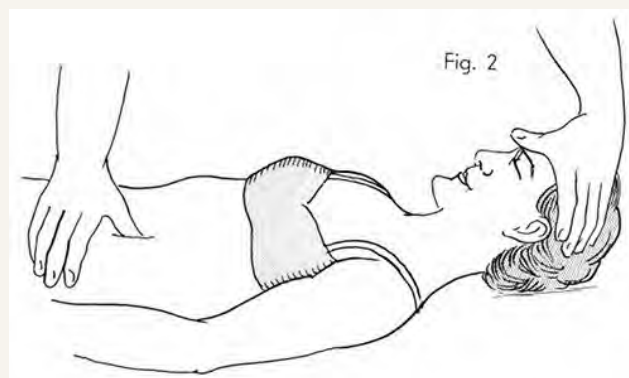
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Chart No. 16 - Innominate [Hip], Temporal and Occipital Release.



Releasing umbilical congestion for eye trouble and polarizing it with the supra-orbital [supraorbital] notch by a contact of the left thumb.



[Book 3, Chart 15](#) ~ [Book 3, Chart 17](#)

[Book 3, "Explanation of Chart No. 16"](#)

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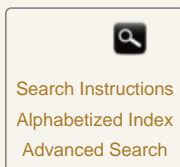
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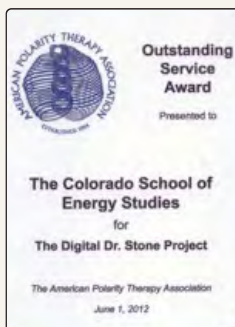
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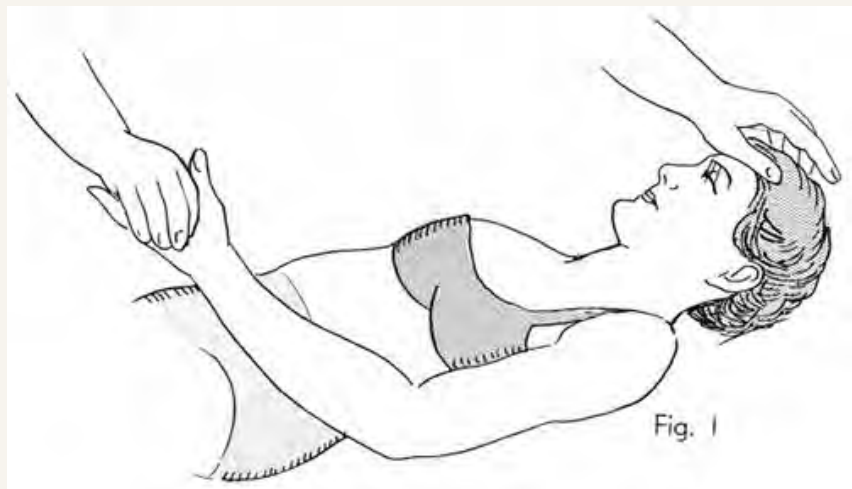
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Chart No. 17 - Polarizing Throat Reflexes from the Web Between the Thumb and the Sore Spots on Top of the Head on That Side.

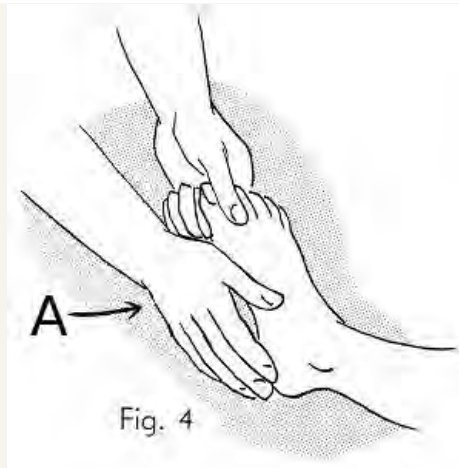


Balancing current reactions by pressure contacts on the big toe and the chin on that side.

(A) A specific short leg technique

Polarity reflexes found in the joints of the big toe a mild shock treatment with respiratory reflexes, shoulder tension release and lengthening the usual short leg.

See [Chart 37, Book 2](#).



[Book 3, Chart 16 ~ Book 3, Chart 18](#)

[Book 3, "Explanation of Chart No. 17"](#)

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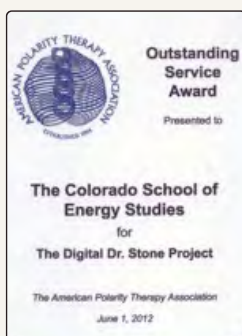
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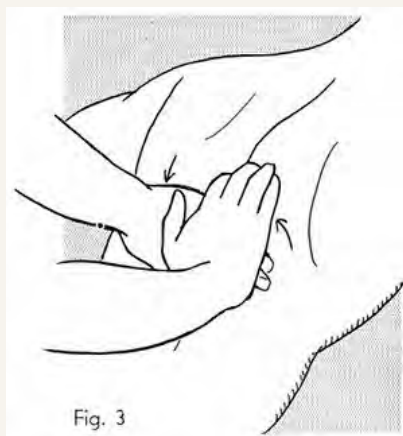
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Chart No. 18 - Polarizing Contacts Across the Spine with a Rotational Twisting Stretch on the Muscles of Each Side in Opposite Directions.



[Book 3, Chart 17 ~ Book 3, Chart 19](#)

[Book 3, "Explanation of Chart No. 18"](#)

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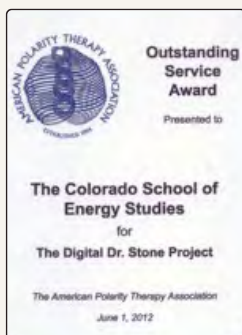
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Chart No. 19 - Anterior Polarizing Contacts with the Current Flow from Head to Feet.



[Book 3, Chart 18 ~ Book 3, Chart 20](#)

[Book 3, "Explanation of Chart No. 19"](#)

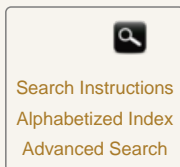
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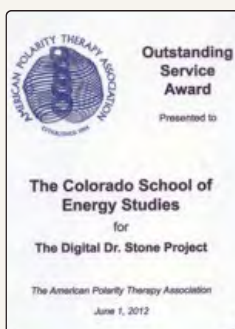
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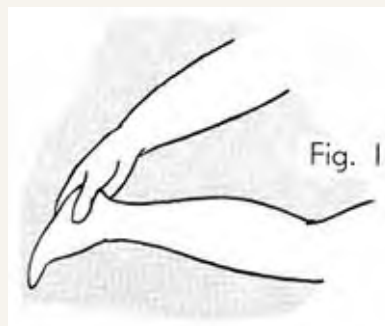


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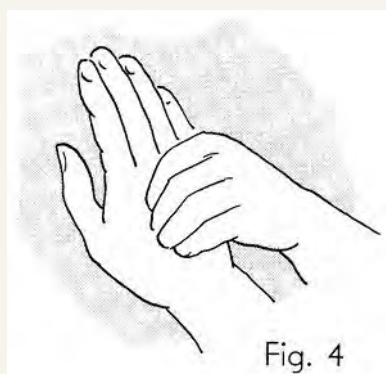
Chart No. 20 - Pelvic Polarity Corrections According to the Lines of Tension and Tenderness Found in the Fibres [Fibers] of the Gluteus Muscles.

Heel rotation and thumb contact on head of femur for posterior hip correction

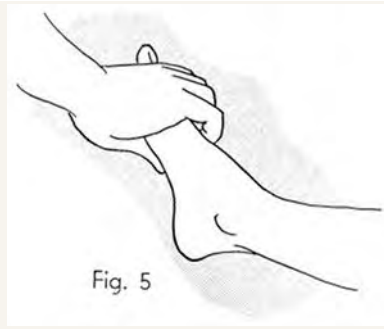


A thumb contact on the head of the femur and a finger tip contact on the apex of the sacrum to correct the anterior and inferior sacral base.

For hip correction see [Chart 34, Book 2](#).



Neuter [Neutral] polarity reflexes from the back of the hand, to that side of the back of the body.



Negative polarity reflexes from the top of the foot, to that side of the back

[Book 3, Chart 19 ~ Book 3, Chart 21](#)

[Book 3, "Explanation of Chart No. 20"](#)

[Book 4, "Comments on Reprint of Chart No. 20 from Book III"](#)

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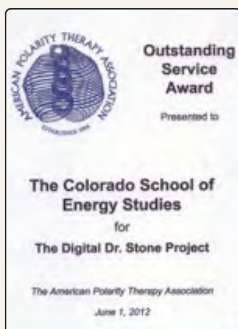
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Chart No. 21 - Step One in Gas Releasing Technique. Anterior and Posterior View.



[Book 3, Chart 20](#) ~ [Book 3, Chart 22](#)

[Book 3, "Explanation of Chart No. 21"](#)



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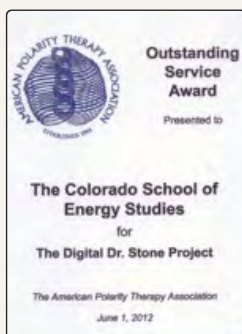
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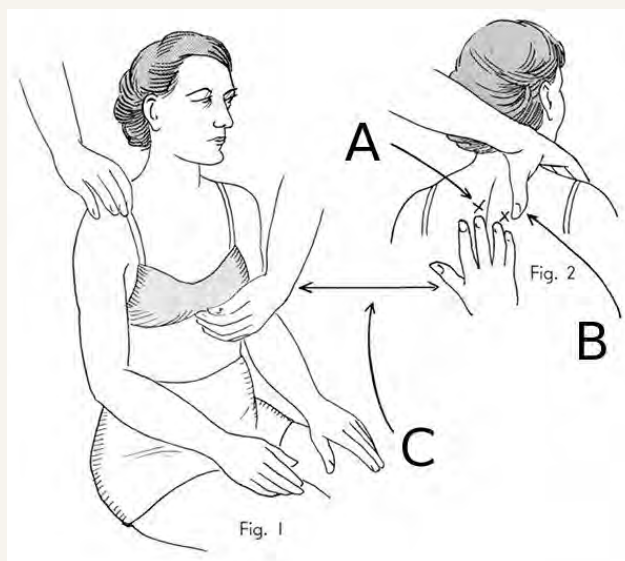
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Chart No. 22 - Activating Anterior and Posterior Body Areas for the Release of Gases.



(A) The same firm thumb X contact on the left side of the back releases the emotional energy blocks which contract the duodenal fibres [fibers] into spasticity [spasticity]. This emotional chemistry is the prime factor of gas because of the peristaltic stasis which it produces.

(B) Thumb contact between the transverse process of the fourth and fifth dorsal [thoracic, T4, T5] vertebrae opens the pylorus.

(C) A contact in front as in Fig. 1 with a flat right hand polarity contact on the back for gas release. Brace the right elbow on your knee to stretch the back over the hand contact in a lifting motion.

The sitting up posture is best because it favors the release of gases.

[Book 3, Chart 21 ~ Book 3, Chart 23](#)

[Book 3, "Explanation of Chart No. 22"](#)

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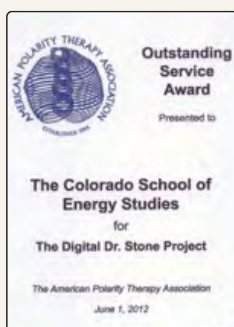
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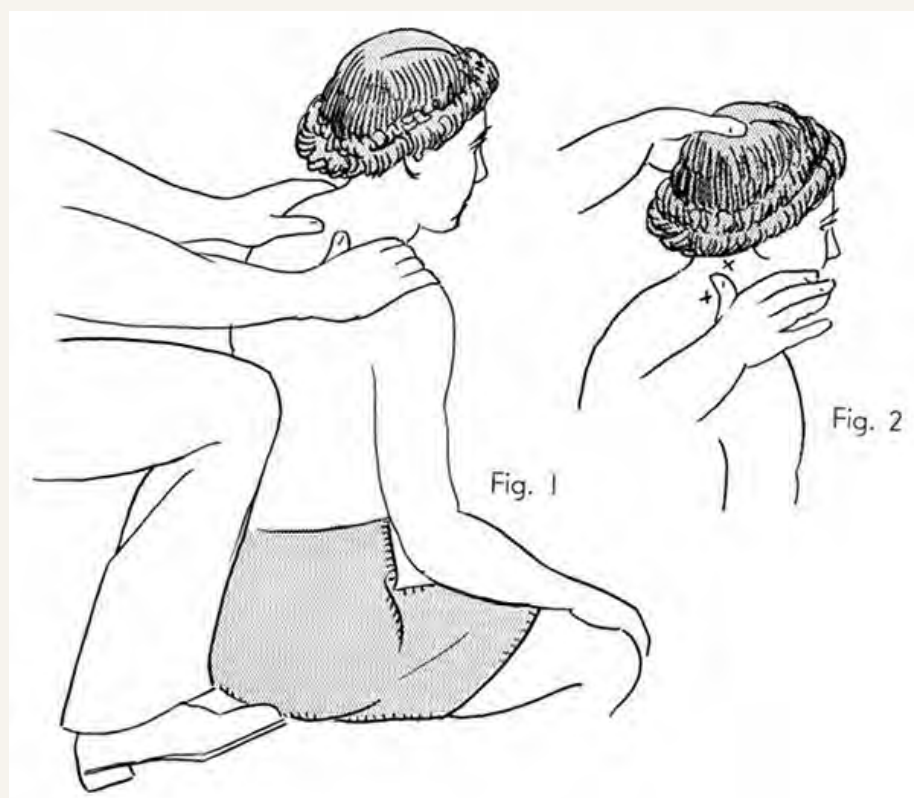
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Chart No. 23 - Shoulder Contacts with Knee Support at Various Points on the Back for Gas Release.



A thumb support on the neck with a gentle head flexion toward it. Used on both sides.

[Book 3, Chart 22 ~ Book 3, Chart 24](#)

[Book 3, "Explanation of Chart No. 23"](#)

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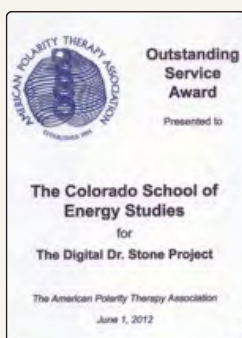
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Chart No. 24 - Contacts Under the Shoulder Blades for Gas Symptoms and Better Air Intake.



The same lifting contacts X are made under the right shoulder.

[Book 3, Chart 23 ~ Book 3, Chart 25](#)

[Book 3, "Explanation of Chart No. 24"](#)

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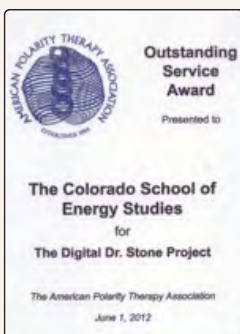
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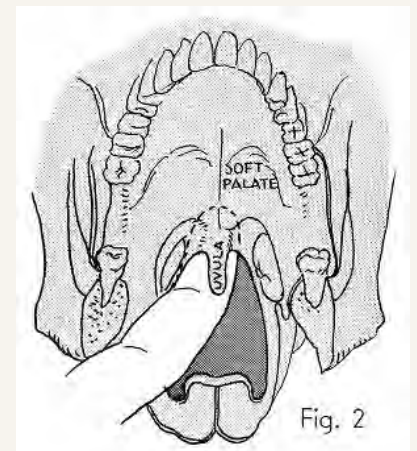
Polarity Therapy Volume 1, Book 3

Chart No. 25 - Treatment for Gas Pressure by Polarity Stimulation on the Head, Soft Palate, and Neck.



Cranial sore spots are disturbed polarity reflexes in the body. Thumb pressure on each side of the head, front and back, and diagonally across the head, for release of gases in the head. Pressure on tender spots of the occiput on each side is a motor release for eye strain [eyestrain].

A uvula and soft palate stretch for stomach and rectal reflex stimulation.



A rocking spinal relaxation stretch

Illustration Keywords: soft palate, uvula

[Book 3, Chart 24 ~ Book 4, Chart 1](#)

[Book 3, "Explanation of Chart No. 25"](#)

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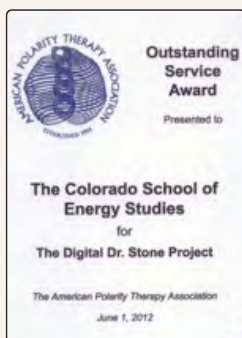
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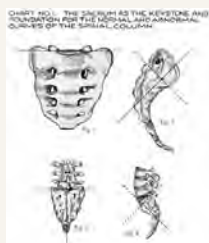
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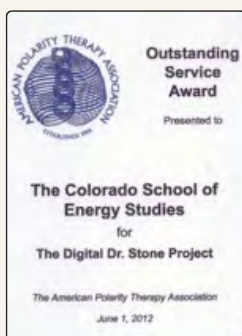
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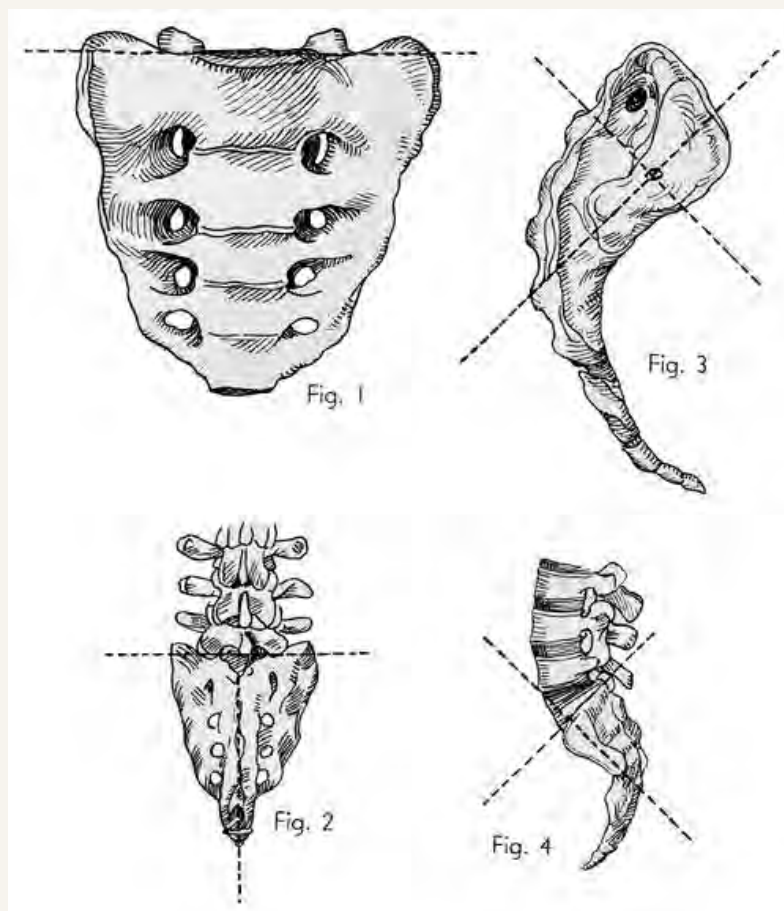
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Polarity Therapy Volume 2, Book 4

Chart No. 1 - The Sacrum as the Keystone and Foundation for the Normal and Abnormal Curves of the Spinal Column.



[Book 3, Chart 25 ~ Book 4, Chart 2](#)

[Book 4, "Explanation of Chart No. 1"](#)

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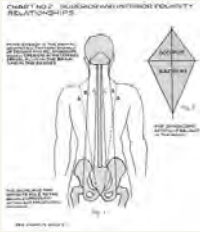
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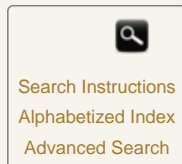
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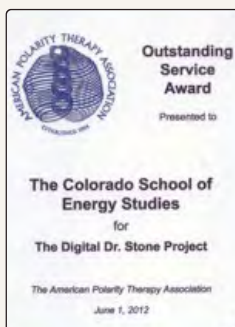
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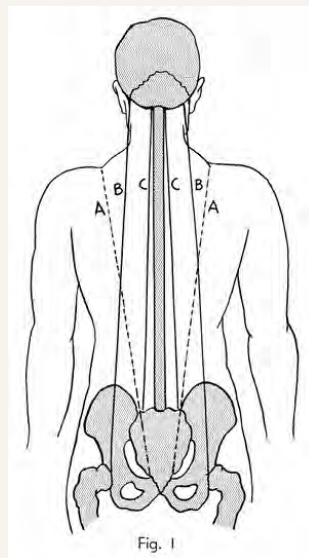
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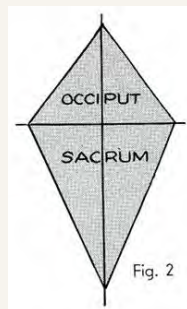
Chart No. 2 - Superior and Inferior Polarity Relationships.



Mind energy is the primal geometric pattern energy of designs and relationships which operate in the cerebrospinal [cerebrospinal] fluid in the brain and in the nerves.

The sacrum is the opposite pole to the brain expressing action and structural balance.

See [Chart 13, Book 3](#).



The gyroscopic action of balance in the body.

Illustration Keywords: occiput, sacrum

[Book 4, Chart 1](#) ~ [Book 4, Chart 3](#)

[Book 4, "Explanation of Chart No. 2"](#)

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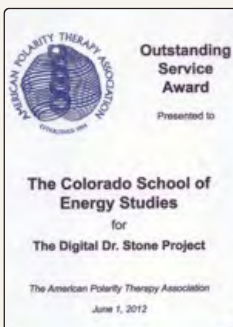
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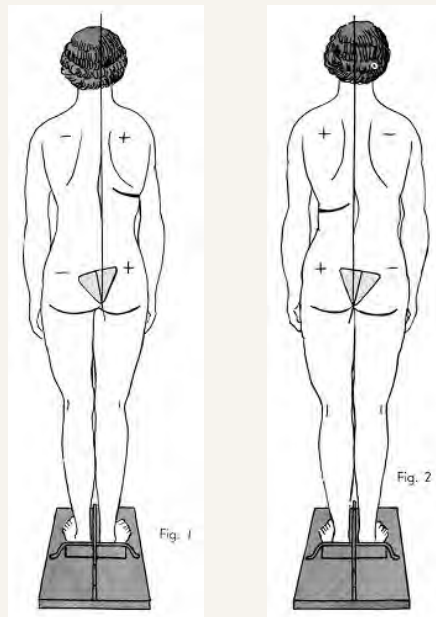
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Chart No. 3 - Sacrum Distorted Laterally with a Crease in the Tissue on the High Base Side, and a Compensatory Spinal Curve Opposite.



The superior sacral base is usually the
extended side with the high shoulder.

The inferior anterior sacral base is usually
the contracted side with the low shoulder
and the short leg.

The sacral tilt is exaggerated here as well as the center line thru [through] it in order to bring it to the attention because it was overlooked so long. It is only in chronic cases that the center line between the two buttocks is distorted as well as the inferior level of the buttocks. These are new diagnostic findings, interpretations and corrective applications.

For correction of a lateral tilt of the base, the patient is laid on the side of the crease with a pillow under the head and a firm pillow under the hip joint of the high base.

Illustration Keywords: +, -

[Book 4, Chart 2 ~ Book 4, Chart 4](#)

[Book 4, "Explanation of Chart No. 3"](#)

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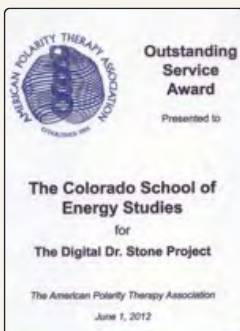
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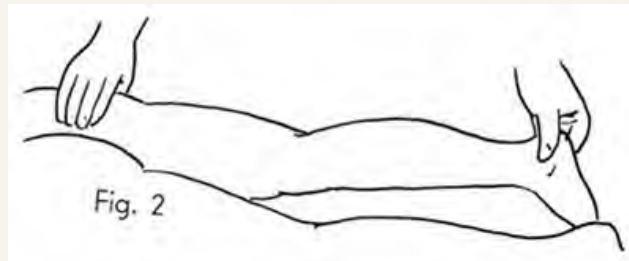


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Chart No. 4

The high or posterior side of the body X and the sacrum. The thumb contacts indicate the direction for correcting the inferior and anterior base. Contacts on the high side of the body and sacrum are also indicated with a rocking motion plus an innominate [hip] correction by turning the hip and the leg outward with a firm rotating heel contact. See [Chart 20, Book 3](#).



For the correct angle of innominate [hip] adjustments on the side. See [Chart 34, Book 2](#).

Fig. 4 and Fig. 2. are outward rotating heel contacts with one hand on the hip and thumb on the head of the femur. One hand may be shifted from either place to the posterior back tension in a rocking release.

Illustration Keywords: +, -

[Book 4, Chart 3 ~ Book 4, Chart 5](#)

[Book 4, "Explanation of Chart No. 4"](#)

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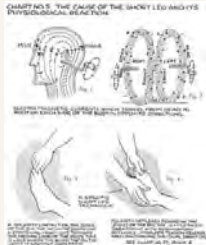
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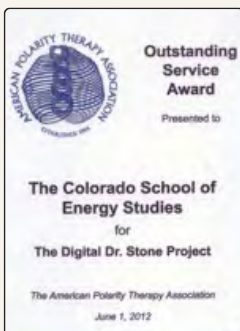
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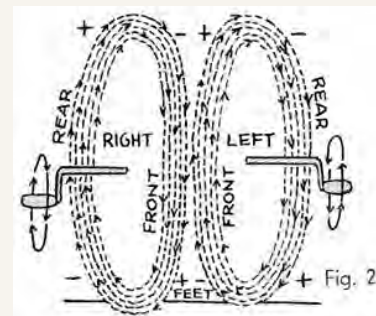
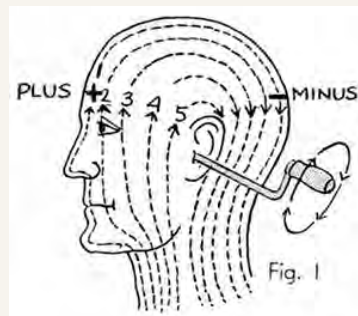
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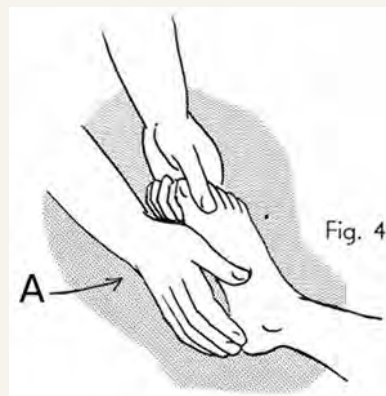
Chart No. 5 - The Cause of the Short Leg and Its Physiological Reaction.



Electro magnetic [Electromagnetic] currents which travel from head to foot on each side of the body in opposite directions.



A polarity contact on the sides of the big toe with pressure and a stretching movement, toward the median line of the body. This is used where the quick tap on the joint is counter indicated.



(A) A specific short leg technique

Polarity reflexes found in the joints of the big toe. A mild shock treatment with respiratory reflexes, shoulder tension release and lengthening the usual short leg.

See [Chart No. 37, Book 2](#).

Illustration Keywords: (fig. 1) plus, minus, +, -, 1, 2, 3, 4, 5
 (fig. 2) rear, front, right, left, feet, +, -

[Book 4, Chart 4](#) ~ [Book 4, Chart 6](#)

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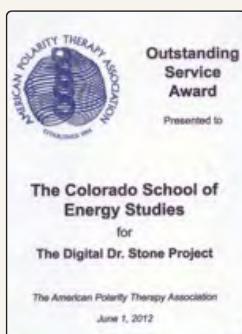
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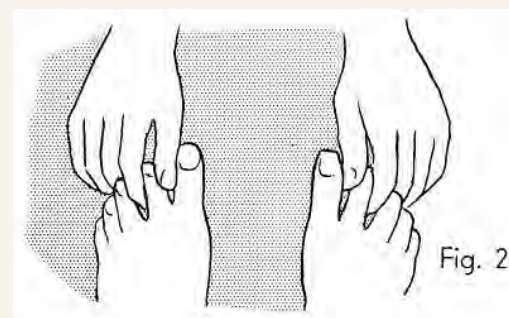
Polarity Therapy Volume 2, Book 4

Chart No. 6 - Polarity Therapy Applied to the Extremities for Heart Trouble.



A double polarizing contact on the first joint of each second toe.

A lateral polarizing contact on the first joint of each second toe.

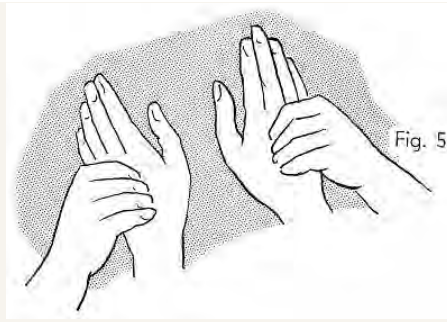


A double polarity contact on the sore spots between the tendons on top of each foot, supported by thumb pressure on the sore spots on bottom.

A double polarizing contact on the first finger tips, anterior-posterior and lateral pressure on the first joints.



A polarity pressure contact on the sore spots



between the tendons on top of the hand, with the thumbs in the palm areas.

[Book 4, Chart 5 ~ Book 4, Chart 7](#)

[Book 4, "Explanation of Chart No. 6"](#)

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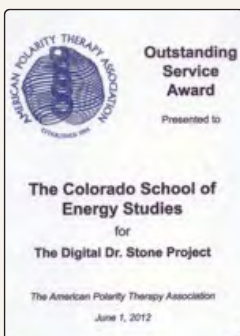
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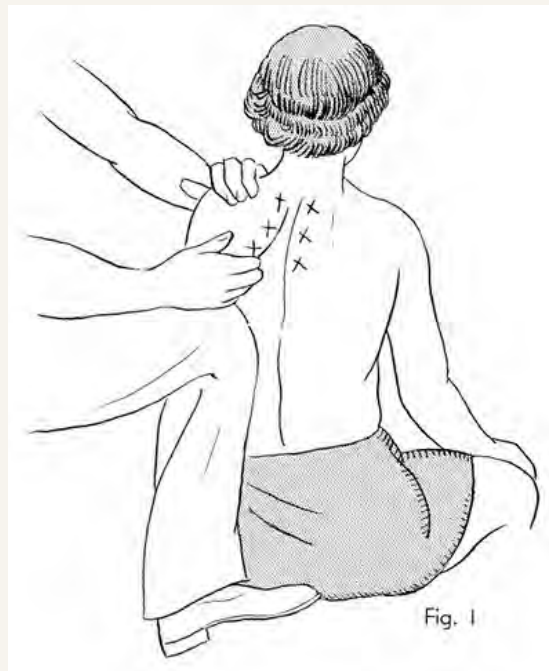
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Chart No. 7 - Brachial Plexus and Occipital Release as a Specific for Respiration, Circulation, Heart and Digestion.



Release of brachial plexus blocks by getting the fingers under the shoulder blades as high as possible in a lifting motion with the patient sitting up. Specially indicated in heart trouble and respiratory difficulty.

See [Chart No. 36, Book 2](#), for the table technique.

A head contact with the chin flexed on the neck by the thumbs on the jaw, with a gentle rocking extension for the release of the occipital atlas [atlanto-occipital] articulation, neck tension and energy blocks in heart conditions.



[Book 4, Chart 6 ~ Book 4, Chart 8](#)

[Book 4, "Explanation of Chart No. 7"](#)

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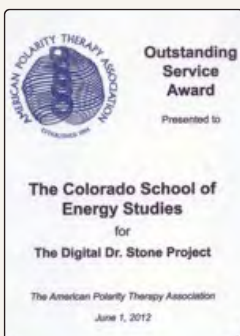
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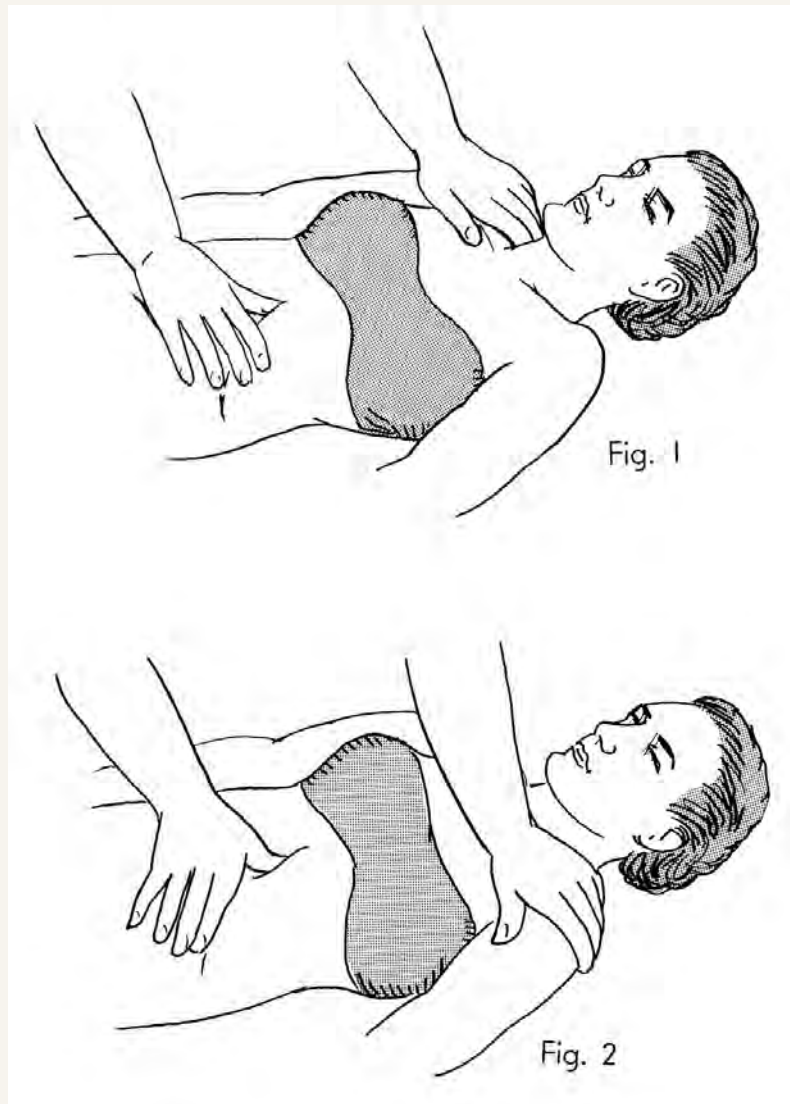
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Polarity Therapy Volume 2, Book 4

Chart No. 8 - Releasing the Energy Blocks in Heart Trouble by Polarity Technique with Diaphragm and Shoulder Contacts.



[Book 4, Chart 7](#) ~ [Book 4, Chart 9](#)

[Book 4, "Explanation of Chart No. 8"](#)

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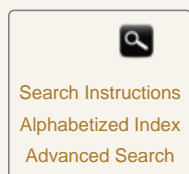
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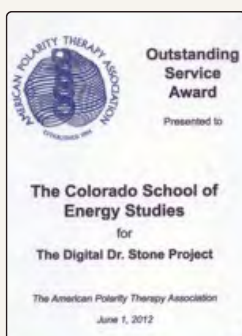
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Polarity Therapy Volume 2, Book 4

Chart No. 9



A contact under the sternum where the tension is, with a stimulating finger contact on the cardiac stability center of Fig. 3, and a steady thumb contact over the pituitary region on forehead.



Fig. 2 - A substernal contact with the fingers on the jaw in a firm contact over the relaxing center of Fig. 4. See [Chart 43, Book 2](#).

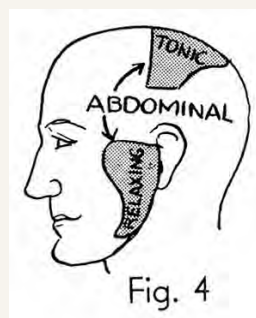
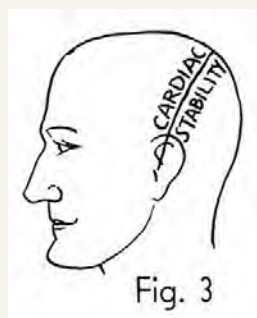


Illustration Keywords: (fig. 3) cardiac stability
(fig. 4) abdominal, tonic, relaxing

[Book 4, Chart 8 ~ Book 4, Chart 10](#)

[Book 4, "Explanation of Chart No. 9"](#)

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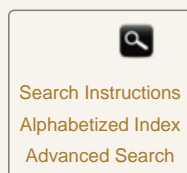
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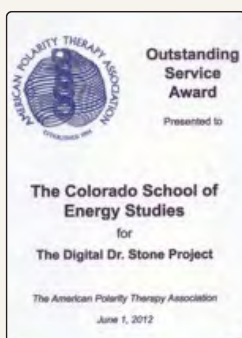
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Chart No. 10 - Polarity Relationship Established in Fetal Life as the Basis of Polarity Exercises for Heart and Digestion.

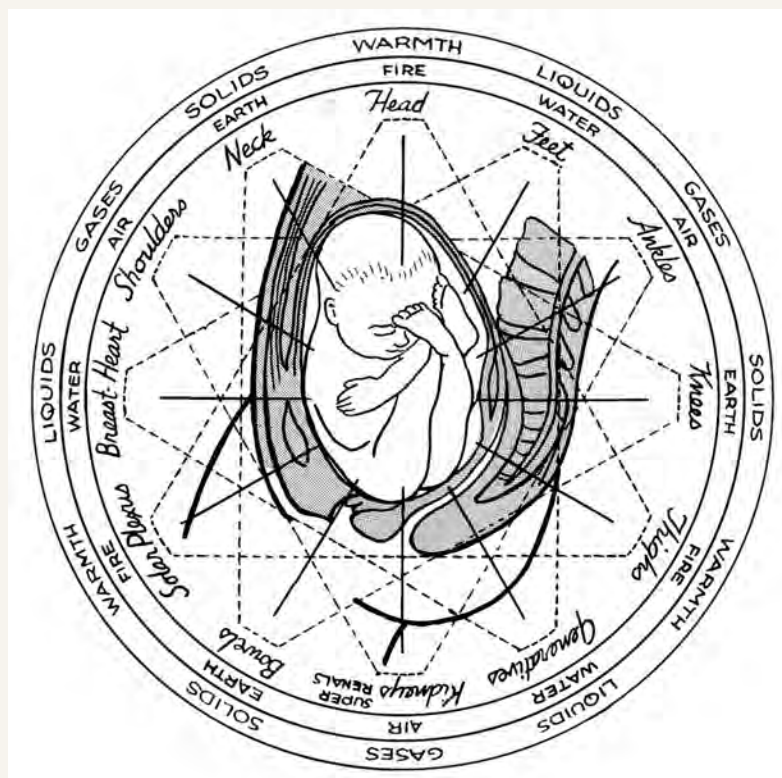


Illustration Keywords: warmth, solids, gases, liquids, fire, earth, air, water, head, neck, shoulders, breast, heart, solar plexus, bowels, kidneys, super renals, generatives, thighs, knees, ankles, feet

[Book 4, Chart 9 ~ Book 4, Chart 11](#)

[Book 4, "Explanation of Chart No. 10"](#)

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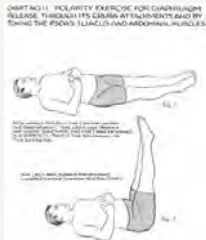
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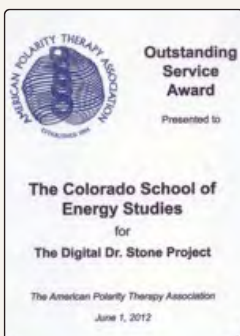
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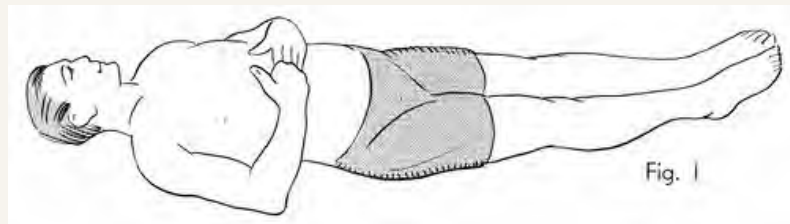
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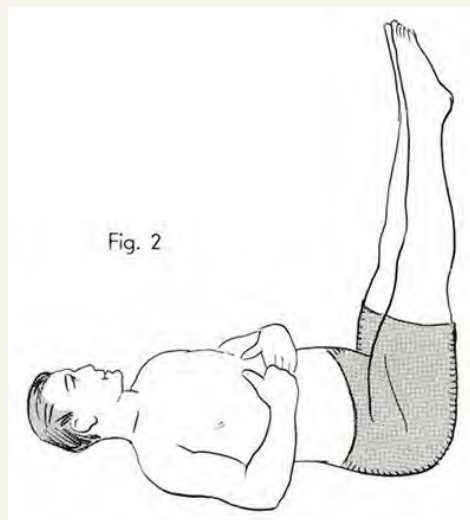
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Chart No. 11 - Polarity Exercise for Diaphragm Release Through Its Crura Attachments and By Toning the Psoas, Iliacus and Abdominal Muscles.



Both hands press in the center under the diaphragm. The legs are tensed and close together, the feet are extended in a stretch. This is the beginning of this exercise.

The legs are slowly raised and lowered under tension several times.



[Book 4, Chart 10 ~ Book 4, Chart 12](#)

[Book 4, "Explanation of Chart No. 11"](#)

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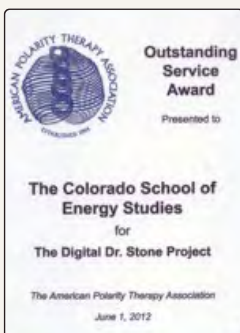
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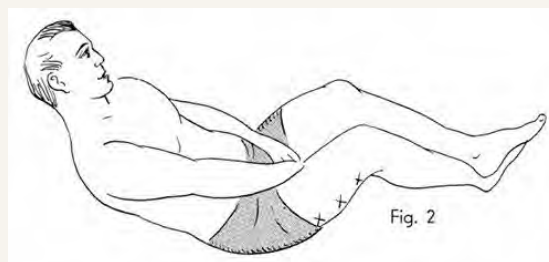
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Chart No. 12 - Polarity Exercise for the Release of the Brachial Plexus and Neck Tension.



Firm polarity contacts on the inner thigh muscles release anterior and lateral shoulder muscles. Contacts nearer to the knees, reflex higher on neck. Firm contacts can also be made on the outside of the thighs in the same manner to release posterior neck muscles.



The legs are pulled up by the hands, then extended and lowered. This raises the body. Repeat.

[Book 4, Chart 11](#) ~ [Book 4, Chart 13](#)

[Book 4, "Explanation of Chart No. 12"](#)

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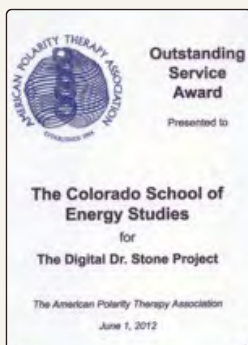
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[Useful Search Tips](#)

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If you are interested in a more precise search query, take a look at the **Advanced Search** function. Moreover, if you plan on making precise queries frequently, it may be in your interest to learn some of the search jargon within **Useful Search Tips** instead of using the Advanced Search option each time.

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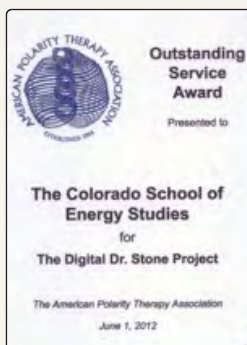
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Supplemental Essays and Advancements in Study

Doctor Stone wrote during the mid-20th century. Science and technology have advanced considerably since then, as has our understanding of the human body and the myriad systems that work in and around us. Here you will find further information that applies our modern knowledge to Dr. Stone's writings and Polarity Therapy.

Autonomic Nervous System Terminology - by John Chitty

Differentiating between the different nervous systems in the human body, and disambiguation between how those terms were used in the 1950's versus how they are used today.

The Three Principles and Five Elements - by John Chitty

Disambiguation between "Fire" and "Water" as Principles or as Elements.

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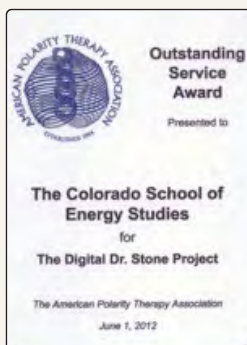
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Lori Olcott: [email](#)

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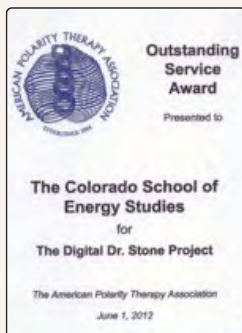
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We would like to thank all the people who have donated their time, efforts and resources to this project. It wouldn't have been possible without the many hands that made light this work. Know that your efforts have enriched the fields of Polarity Therapy and Human Energy Studies around the world. Thank you. Danke. Namaste.

John Chitty - for asking, "How can we make this more accessible?" and providing the initial resources to make it happen

Lori Olcott - for asking, "Why don't we do it?" and taking on the organizational, design and formatting tasks

David Harel - for asking, "What else do you need?" and offering the technical support that brought this information to you today

And to the following people - for asking, "Can we help too?" and doing the transcriptions and proof-reading, bringing Dr. Stone's work to the web:

John Chitty	Matt Goodhart	David Harel	Debra Kloor
Leal Lauderbaugh	Ann Montague	Lori Olcott	Barry Ryan
Lynn Thoré	Cindy Williams		

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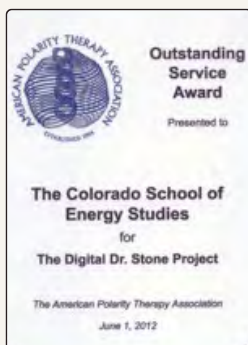
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Dr. Stone's "Bumper Sticker" Quotes

Sometimes a sentence or turn of phrase in Dr. Stone's work is so full of philosophy and food for thought, sums up a concept so concisely, or so inspires a whole new way of seeing something, that it makes you say, "That would make a great bumper sticker!"

If you have a bumper sticker moment while reading these charts, [let us know!](#) Here are some of the ones submitted thus far. Who knows, one of your favorites may become a real bumper sticker.

Service without love is work. - *Dr. Randolph Stone*

God geometrizes. - [Vol. 1, Book 1, Pg. 22](#); [Vol. 1, Book 2, Chart 11](#); [Vol. 1, Book 3, Pg. 52](#); [Vol. 2, Book 4, Pg. 51](#)

Running water clears itself. - [Vol. 1, Book 1, Pg. 60](#); [Vol. 1, Book 1, Pg. 85](#)

Space and grace are Nature's ace. - [Vol. 1, Book 1, Pg. 69](#)

The senses open the way, and the motor impulses obey - [Vol. 1, Book 1, Pg. 70](#)

Merely telling the patient to relax is useless. - [Vol. 1, Book 1, Pg. 87](#)

Our mind conditions our experience. - [Vol. 1, Book 1, Pg. 91](#)

Science has no measure for life. - [Vol. 1, Book 2, Pg. 1](#)

The whole constitution of man must be taken into consideration, not merely the treating of the body as a chemical or mechanical machine. - [Vol. 1, Book 2, Pg. 2](#)

Only practice conquers and accomplishes. - [Vol. 1, Book 2, Chart 63](#)

Daily practice does it. - [Vol. 1, Book 2, Chart 64](#)

That which serves best, is best. - [Vol. 1, Book 3, Pg. 2](#)

Obstacles are God's design ~ To make a man with a spine. - [Vol. 1, Book 3, Pg. 30](#)

It is best for man to work with Nature and to be in tune with Nature and with God instead of giving in to his own desires to control anything besides himself. - [Vol. 1, Book 3 Appendix, Pg. 114](#)

Life flows from above downward, and structure supports function from below upward. - [Vol. 2, Book 4, Pg. 3](#)

Even as the tiny atom is a universe in itself, so is man. - [Vol. 2, Book 4, Pg. 44](#)

Faith coupled with effort always gets results. - [Vol. 2, Book 4, Pg. 48](#)

It appears that all our effort has been spent on research in matter, and none on Life itself. - [Vol. 2, Book 5, Pg. 3](#)

An injury to physical tissue repairs with time and rest, while mental

injuries require a new vision and viewpoint. - [Vol. 2, Book 5, Pg. 23](#)

Conscious growth only comes through whole-hearted attention to an ideal or objective. - [Vol. 2, Book 5, Pg. 27](#)

The true doctor should know Life, feel it and understand its pattern of flow, ... the same as he knows his anatomy. - [Vol. 2, Book 5, Pg. 27](#)

Energy flow is the primary factor. - [Vol. 2, Book 5, Pg. 27](#)

We have utterly lost our way in matter and over-valued it. - [Vol. 2, Book 5, Pg. 27-28](#)

Causes are primary factors to correct. - [Vol. 2, Book 5, Pg. 30](#)

The neck is a cross road of the main vital currents, downward and upward. - [Vol. 2, Book 5, Pg. 52](#)

It is not by strength nor by might, but by skill that we succeed. - [Vol. 2, Book 5, Pg. 59](#)

It is a process of floating with the Universal Currents on the Waters of Life. Our little boat cannot help but float to the other shore if Truth and Service are steering it to its goal. - [Vol. 2, Book 5, Pg. 72](#)

May this work reach the seekers who are looking for a deeper perspective of a common denominator in the healing art, to push it along in keeping with all the atomic discoveries of today. The health and well-being of the people should not be neglected. It should really be the first concern of the scientists, doctors and educators. Without health and happiness, all our modern conveniences are of little comfort to us. - [Vol. 2, Book 5, Pg. 77](#)

All chronic conditions must become acute by increased energy and circulation before restoration of normal tissue is possible. - [Vol. 2, Book 5, Pg. 78](#)

What the doctor's mind cannot conceive, that, he cannot relieve. - [Vol. 2, Book 5, Pg. 87](#)

Man endures - Nature cures. - [Vol. 2, Book 5, Pg. 97](#)

Energy is the real substance behind the appearance of matter and forms. - [Vol. 2, Book 6, Pg. 4](#)

Life exists as the result of tension between two extremes - male and female - positive and negative - yang and yin - pingala and ida - right and left breath - qualitative and quantitative. - [Vol. 2, Book 6, Pg. 4](#)

What the needles can do, the hands can do better. - [Vol. 2, Book 6, Pg. 6](#)

Life itself is a paradox, which comforts while it mocks. - [Vol. 2, Book 6, Pg. 19](#)

If we really want health, we must be willing to work for it. - [Health Building, Pg. 7 and Pg. 16](#)

Those who are destined to look for true health will find it. - [Health Building, Pg. 9](#)

We are what we eat and drink ~ What we feel and what we think. - [Health Building, Pg. 15](#)

We will become that which we contemplate. - [Health Building, Pg. 16](#)

We cannot think negative thoughts and reap positive results. - [Health Building, Pg. 16](#)

Health is not merely of the body, it is one in all. - [Health Building, Pg. 17](#)

Be an artist and an architect of your own house, your temple, your body and your mind. - [Health Building, Pg. 18](#)

Creation has an outward purpose for the body and an inward purpose for the soul. - [*Health Building, Pg. 21*](#)

Clear thinkers try to find the causes, while the average look for escapes from effects. - [*Health Building, Pg. 27*](#)

Don't treat disease; treat the individual. - [*Health Building, Pg. 47*](#)

Is it not possible for man to keep well by doing a few simple things daily and living less strenuously? The answer is yes. - [*Health Building, Pg. 101*](#)

If external cleanliness is said to be next to Godliness, what could real internal cleanliness accomplish? - [*Health Building, Pg. 102*](#)

There must be pioneers for every new idea, or our world would stagnate and become utterly uninteresting. - [*Health Building, Pg. 103*](#)

We live either by an inner faith or are guided by outer circumstances. Which is our path and on what do we depend as our guiding star? - [*Health Building, Pg. 110*](#)

The greatest mystery in the universe is man himself. - [*Health Building, Pg. 113*](#)

Never force anything, physically or mentally. - [*Health Building, Pg. 119*](#)

Nature's way is gentle growth. - [*Health Building, Pg. 123*](#)

Could not all the grown-ups in this "Kindergarten of Life" adopt the same procedure of natural, soulful living? - [*Health Building, Pg. 142*](#)

Ninety per cent of pain is emotional. - [*Health Building, Pg. 144*](#)

Health is movement. Disease is fixation.

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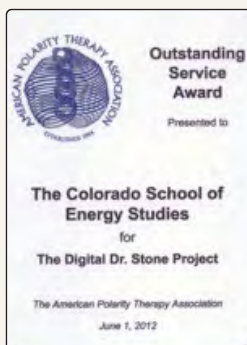
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"In this age of over specialization, with emphasis on chemistry, bacteriology, and mechanical and surgical research, we have lost sight of the over-all picture of man as a living being with lines of force working in fields of finer energies."

- Dr. Randolph Stone



Dr. Randolph Stone, DO, DC, ND (1890-1981), was an American Osteopath born in Austria. He created Polarity Therapy as a synthesis of western medicine and eastern wisdom traditions. In his fifty years of general medical practice in Chicago, he developed a deep understanding of the subtle principles underlying wellness and disease.

Beginning in 1948, Stone self-published a series of books and pamphlets to explain his ideas and methods. Unfortunately his writing

style and information organization were not linear. Topics appear sprinkled throughout the whole of the work and no indexing was done. In addition, much of the text was presented in hand-lettered charts, thus making it inaccessible to optical character recognition software. All these factors have combined to make scholarly study of the whole of Dr. Stone's work difficult at best.

This project is intended to make Dr. Stone's Polarity Therapy more accessible by converting everything into a digital, searchable, and indexed format. The Associate Polarity Practitioner Class of 2010 at the Colorado School of Energy Studies laboriously transcribed all the hand-lettered charts as a gift to the worldwide Polarity Therapy community. Our hope is that holistic health scholars everywhere will benefit from full access to Dr. Stone's material.

Because of his background and the era in which he wrote, Dr. Stone used some European spellings and (now) out-dated phrases in his texts. In the spirit of preserving his original work, we have kept these spellings and phrases exactly as Dr. Stone first published them. But to make searches more intuitive for modern researchers, modern variations are included in brackets following the original text (e.g., "psoas magnus [psoas major]"). Call-out points and notes within illustrations are included either as lists next to the illustration or as notes at the bottom of each page, thus making their words searchable as well.

This project also included creating additional keywords and editorial notes for the transcribed charts, and offering numerous other supportive resources and tools. Its growth is ongoing and new features are being contemplated. To enable free access for users, this "Stone-lopedia" is supported by donations large and small, sponsorships, referrals and advertising. Please use the links provided if you feel moved to help this project grow and flourish by patronizing the vendors who are contributing, or [contact us](#) with any questions about funding.

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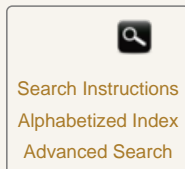
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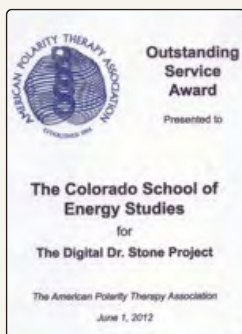
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Polarity Therapy Volume 2, Book 4

Chart No. 13 - Fig. 1. Release of Pattern Energy Blocks in the Cerebro-Spinal [Cerebrospinal] Fluid.

Fig. 2. Structural Bipolar Release of Respiratory Muscles.



Structural bipolar contacts on hip and shoulder muscles for tension release of respiratory muscles.

Muscular contraction over the anterior superior spine of the ilium [ASIS] is often the cause of the anterior innominate [hip] and sacrum on that side. Pain and tension over the arm marked X usually accompany this symptom. Heavy inhibiting muscular polarity contacts on both areas marked X over the arm and close to the anterior superior spine [ASIS] with a flat thumb contact releases this anteriority without any pelvic adjustment. It is a revelation when both areas are released simultaneously. One alone will not do it. Polarity tension is the primary impulse behind muscular tension which causes rotation and spinal distortions. This polarity release is done best with the patient on the back.

A rhythmic stimulating double contact over the brachial plexus and phrenic nerves for diaphragmatic response. Also a light steady contact in an upward direction over the spinous processes of the 4-5-6 and 7th dorsal [fourth, fifth, sixth, seventh thoracic, T4, T5, T6, T7] vertebrae [vertebrae] with the cushion and thumb of the right hand to release and conduct the vital throbbing pulsating breath pattern energy of mind substance active in the cerebro-spinal [cerebrospinal] fluid.



[Book 4, Chart 12 ~ Book 5, Chart 1](#)

[Book 4, "Explanation of Chart No. 13"](#)

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Book 5: Vitality Balance - Further
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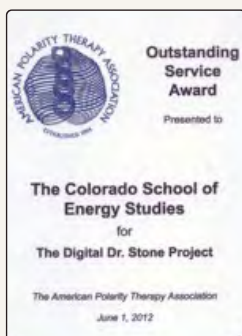
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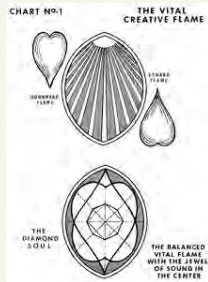
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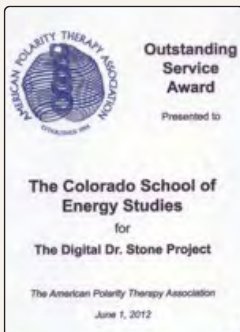
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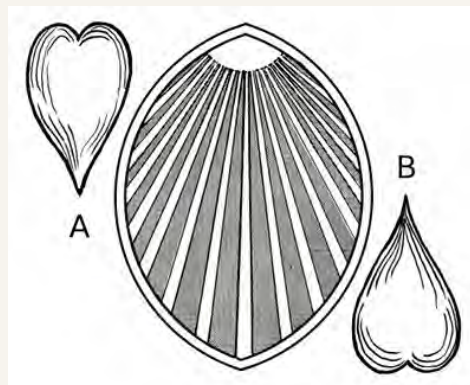
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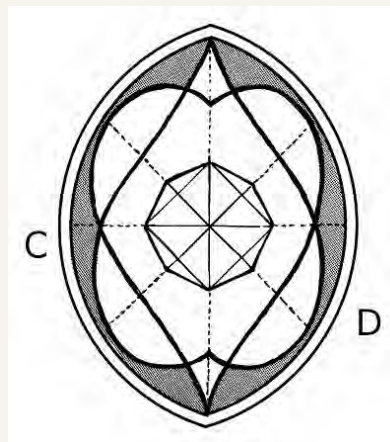
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Chart No. 1 - The Vital Creative Flame



(A) Downward flame

(B) Upward flame



(C) The diamond soul

(D) The balanced vital flame with the jewel of sound in the center

[Book 4, Chart 13 ~ Book 5, Chart 2](#)

[Book 5, "Explanation of Chart No. 1"](#)

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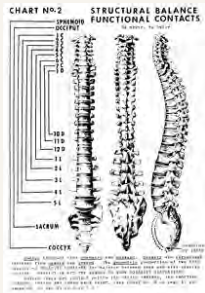
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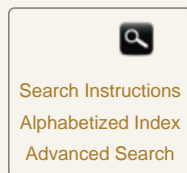
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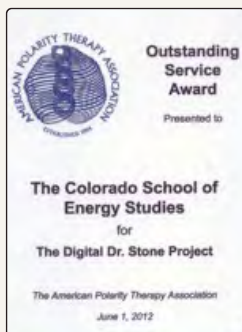
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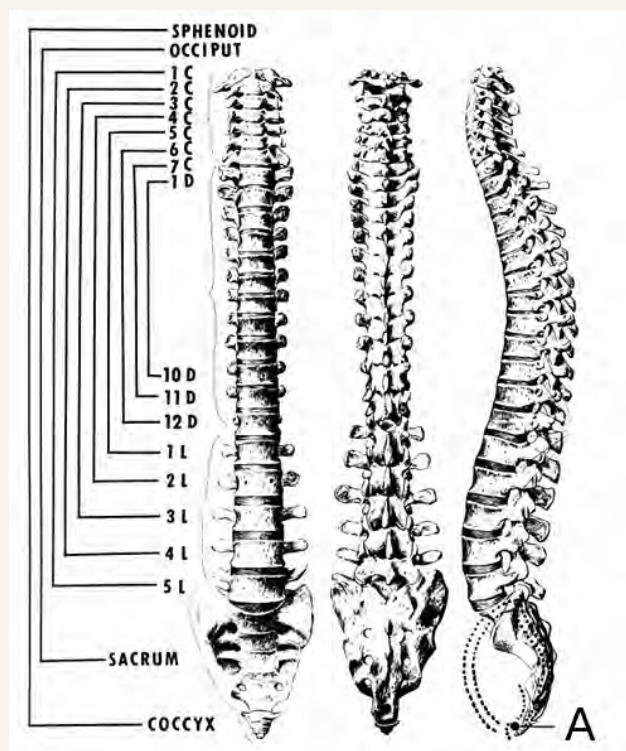


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Chart No. 2 - Structural Balance Functional Contacts

As above, so below



Energy impulses flow downward and outward. Sensory and structural reflexes flow upward and inward. The geometric proportion of two ends depends on polarity currents for balance between them and with gravity outside. Gravity is but the mirror to show polarity distortions.

Dotted lines are contact points for pelvic therapy, for prostate, bladder, uterus and lower back pains. (See [Chart No. 8](#) on page 81 and pages [82](#), [83](#) and [84](#) in Book I.)

(A) Ganglion of impar

Illustration Keywords: sphenoid, occiput, 1C [C1], 2C [C2], 3C [C3], 4C [C4], 5C [C5], 6C [C6], 7C [C7], 1D [T1], 10D [T10], 11D [T11], 12D [T12], 1L [L1], 2L [L2], 3L [L3], 4L [L4], 5L [L5], sacrum, coccyx, cervical, dorsal [thoracic], lumbar

[Book 5, Chart 1 ~ Book 5, Chart 3](#)

[Book 5, "Explanation of Chart No. 2"](#)

[American Polarity Therapy Association](#)

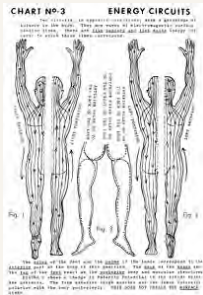
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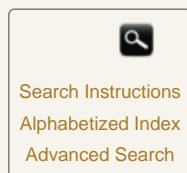
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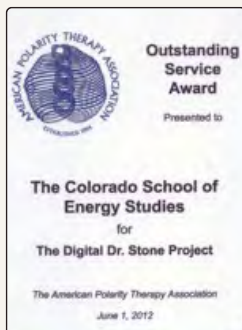
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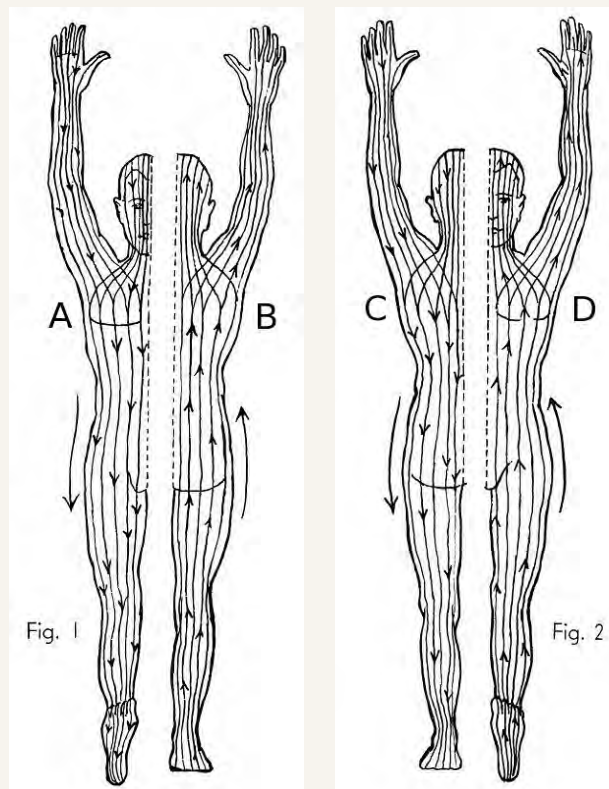


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Chart No. 3 - Energy Circuits

Two circuits, in opposite directions, make a gyroscope of balance in the body. They are waves of electromagnetic surface tension lines. There are five sensory and five motor energy currents to which these lines correspond.



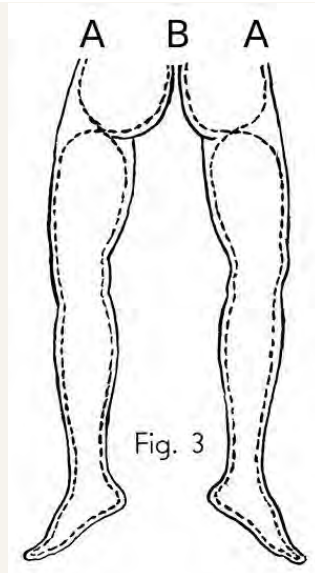
- (A) Right anterior
- (B) Right posterior
- (C) Left posterior
- (D) Left anterior

The soles of the feet and the palms of the hands correspond to the anterior part of the body in this position. The back of the hands and the top of the feet react on the posterior bony and muscular structures.

(A) Anterior poles go to the back of the legs

(B) Posterior field poles go to the front of the legs

Figure 3 shows a change in polarity potential in the fields below the buttocks. The firm anterior thigh muscles and the femur laterally polarize with the body posteriorly. This does not change the surface lines.



[Book 5, Chart 2](#) ~ [Book 5, Chart 4](#)

[Book 5, "Explanation of Chart No. 3"](#)

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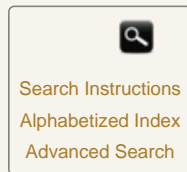
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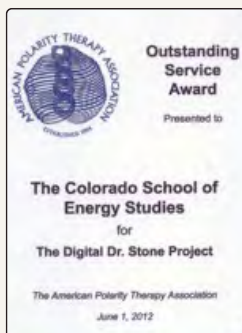
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Chart No. 4 - Foundation Circuits



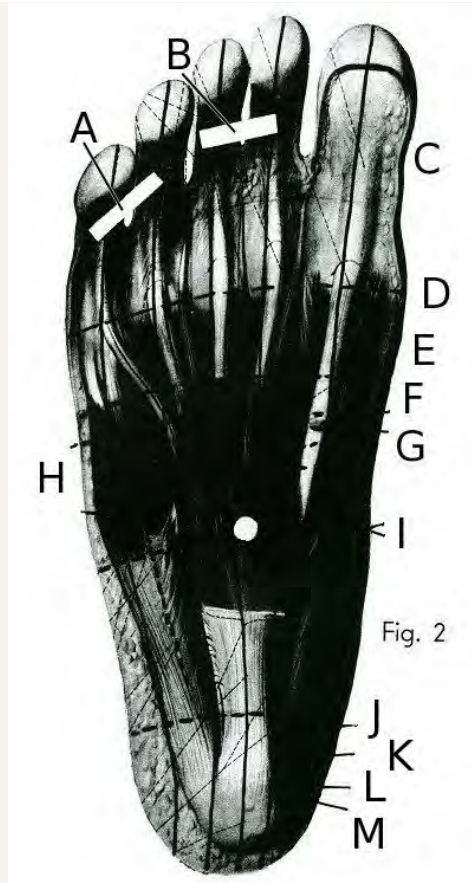
Fig. 1 shows the ligaments and connective tissue in their position for polarity response to influence the entire body posture. This is the foundation for structural correction. Elastic feet with a springy step indicate good vitality.

- (A) Head
- (B) Neck
- (C) Shoulders
- (D) Throat, thyroid, goiter
- (E) Kidney
- (F) Colon
- (G) Sacrum

Fig. 2 shows muscles and tendons which assist in posture conditioning and in functional responses through polarity stimulation. "As below, so above."

Structures rest on foundations which must yield to the total impulse in motion.

- (A) Tonsils
- (B) Throat
- (C) Occiput
- (D) Lungs
- (E) Diaphragm
- (F) Liver



- (G) Kidneys
- (H) Colon also top of foot
- (I) Umbilicus, intestines
- (J) Pelvis
- (K) Uterus
- (L) Bladder
- (M) Prostate

Body centers found in the feet. Compare with [Chart No. 4](#) in *"Wireless Anatomy"*, Book 2.

[Book 5, Chart 3](#) ~ [Book 5, Chart 5](#)

[Book 5, "Explanation of Chart No. 4"](#)

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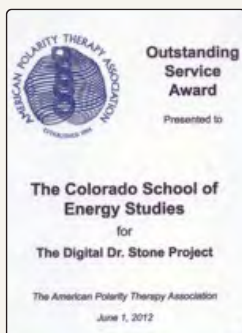
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Chart No. 5 - Acute Reflexes

The circle in the lower portion of the hand gives the polarity position of the umbilicus in this extremity. Everything above it corresponds to the area of the umbilicus in the body; and below the circle, everything below the umbilicus. See [Chart No. 4](#) in Book 2. It is all mapped out there and can easily be seen. The wrist corresponds to the pelvis on that side. This illustration gives a fine picture of it. The soft palm area represents the anterior sensitive structure of the body.



- (A) Head
- (B) Face
- (C) Throat
- (D) Shoulders
- (E) Thyroid, goiter
- (F) Heart
- (G) Stomach
- (H) Umbilicus
- (I) Pelvis

The hands have a similar reflex as the feet only they are neuter [neutral] poles which react to acute conditions and leave very sore spots to be balanced. The nails correspond to the teeth. Neuralgias can be relieved by pressure at the root of the nails.

The back of the hand corresponds to the back of the body in its bony similarity. The regions for centers of response are the same as the front illustrations, only these are posterior.

- (A) Teeth, neuralgia release
- (B) 3 [Three] molars
- (C) 2 [Two] bicuspid
- (D) 1 [One] canine
- (E) 2 [Two] incisors
- (F) Neck
- (G) Throat

(H) Back of Shoulders

(I) Heart

(J) Kidney

(K) Sigmoid

(L) Circulation, 7th cervical [seventh cervical, C7], back of the neck

(M) Stomach

(N) Sacrum



[Book 5, Chart 4](#) ~ [Book 5, Chart 6](#)

[Book 5, "Explanation of Chart No. 5"](#)

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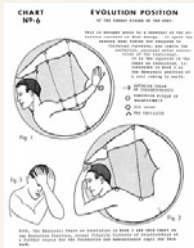
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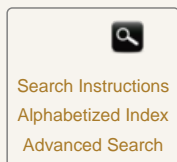
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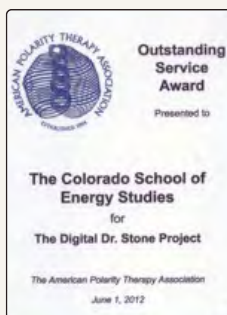
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Chart No. 6 - Evolution Position of the Energy Fields of the Body.

This is brought about by a reversal of the attention currents of mind energy. It opens the sensory body fields for response to universal currents, and limits the posterior, personal motor expressions of the individual.

It is the opposite of the [chart on Involution](#), illustrated in Book I as the embryonic position of a soul coming to earth.

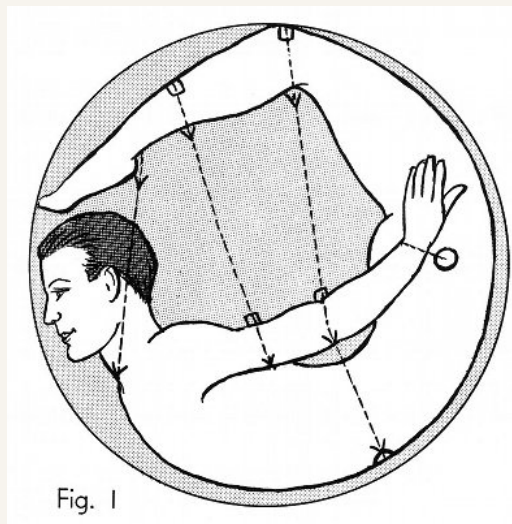


Fig. 1



Anterior poles of
correspondence



Posterior fields of
relationship



Hip joint



The umbilicus

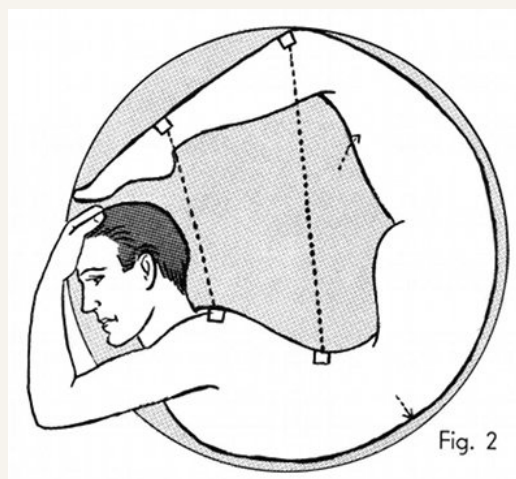


Fig. 2

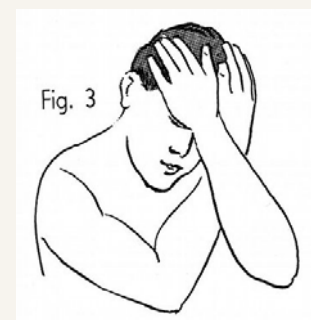


Fig. 3

Both, the [Embryonic Chart on Involution](#) in Book I and this chart on the Evolution Position, reveal vitality currents of relationships as a further source for the foundation and demonstrable logic for this work.

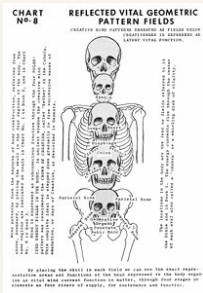
[Book 5, Chart 5 ~ Book 5, Chart 7](#)

[Book 5, "Explanation of Chart No. 6"](#)

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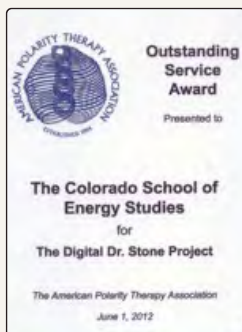
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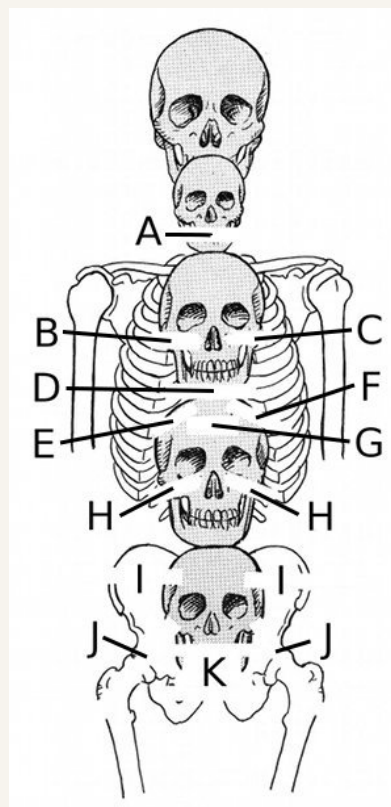
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Chart No. 8 - Reflected Vital Geometric Pattern Fields

Creative mind patterns emanated as fields below creativeness is expressed as latent vital function. Mind patterns form the keynote of body construction, reflected from above, downward, by placing the skull in the four regions of the body. The same regions are indicated as ovals in [Chart No. 1](#) in Book 2, and in [Chart No. 6](#) in Book 3.

Mind is expressed as subconscious function through the four polarized energy fields in the body. In ancient wisdom the creative mind pattern was considered the crown of creation, called 'Kether' [Keter] in the Cabala [Kabbalah, Kabala]. This complete ideal is stepped down gradually in five successive waves of emanation, or days of Creation, as described in Genesis.



- (A) Speech
- (B) Lungs
- (C) Heart
- (D) Diaphragm
- (E) Liver
- (F) Stomach
- (G) Colon
- (H) Kidney
- (I) Parietal bone
- (J) Temporal bone
- (K) Generative organs, prostate, pubic bone

The locations in the body are the land or fields referred to in the Bible and in [Book 1](#). The energy currents flow through the center of each oval also called a 'chakra' or a whirling disk of vitality.

By placing the skull in each field we can see the exact representative areas and functions of the head expressed in the body organism as vital mind current function in matter, through four stages or elements as four rivers of supply, for sustenance and function.

[Book 5, Chart 7](#) ~ [Book 5, Chart 9](#)

[Book 5, "Explanation of Chart No. 8"](#)

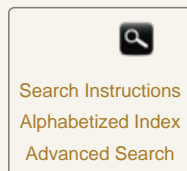
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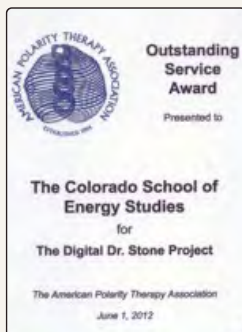
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Chart No. 9 - Vital Posture Balance



Motor Balance Position: Note the two hands
clasped over the back of the head, balancing
the positive motor pole with the neuter
[neutral] palms of the hands. The mild
stretch relaxes the spinal muscles.

Fig. 2 - Crossing the legs and hands balances the
neuter [neutral] and negative poles. It has a quieting
sensory affect.

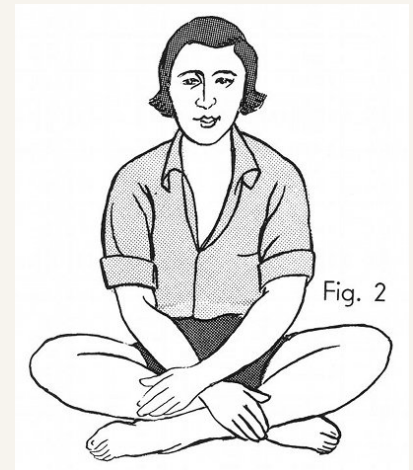
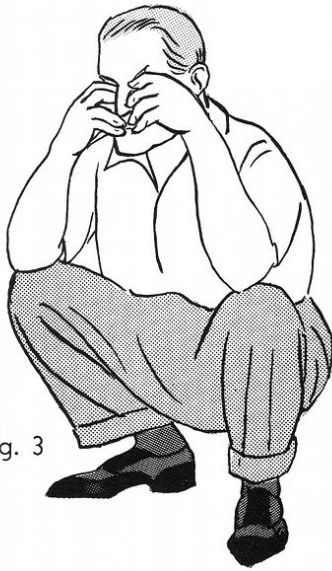


Fig. 3 - The ideal neutral position Squatting Posture,
plus local special sense balancing through the finger
locations: Thumbs in the ears, the first finger lightly
over the eyes, the middle finger over the nose, the
ring finger over the mouth and the little finger on
the chin. It is a posture of the wise men of old.

Fig. 3



Additional Keywords: motor balance posture, sensory balance posture, wise man of old

[Book 5, Chart 8 ~ Book 5, Chart 10](#)

[Book 5, "Explanation of Chart No. 9"](#)

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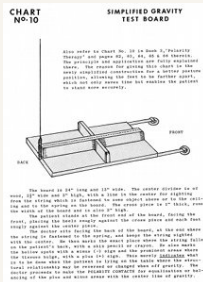
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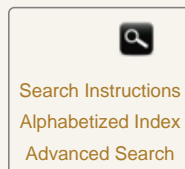
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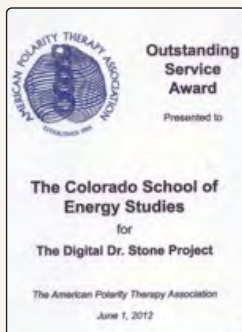
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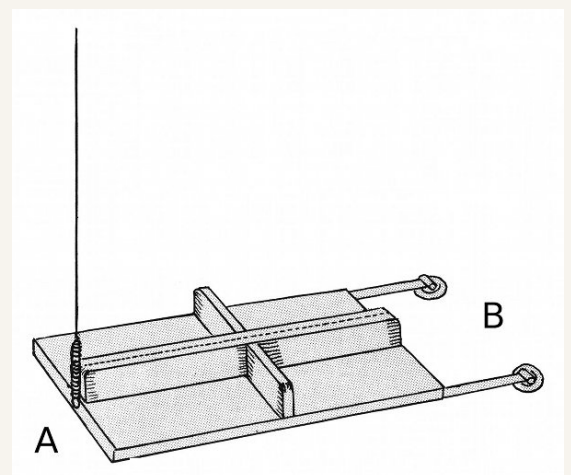
Chart No. 10 - Simplified Gravity Test Board

Also refer to [Chart No. 10](#) in Book 3, 'Polarity Therapy' and pages [62](#), [63](#), [64](#), [65](#) & [66](#) therein. The principle and application are fully explained there. The reason for giving this chart is the newly simplified construction for a better posture position, allowing the feet to be farther apart, which not only saves time but enables the patient to stand more securely.

(A) Back

(B) Front

The board is 24" [twenty-four inches] long and 12" [twelve inches] wide. The center divider is of wood, 2 1/2" [two and a half inches] wide and 2" [two inches] high, with a line in the center for sighting from the string which is fastened to some object above or to the ceiling and to the spring on the board. The cross piece is 1" [one inch] thick, runs the width of the board and is also 2" [two inches] high.



The patient stands at the front end of the board, facing the front, placing the heels snugly against the cross piece and each foot snugly against the center piece.

The doctor sits facing the back of the board, at the end where the string is fastened to the spring, and keeps the string sighted with the center. He then marks the exact place where the string falls on the patient's back, with a skin pencil or crayon. He also marks the hollow spots with a minus (-) sign and the prominent areas where the tissues bulge, with a plus (+) sign. This merely indicates what is to be done when the patient is lying on the table where the structural relationship may be reversed or changed when off gravity. The doctor proceeds to make the polarity contacts for equalization or balancing of the plus and minus areas with the center line of gravity.

[Book 5, Chart 9](#) ~ [Book 5, Chart 11](#)

[American Polarity Therapy Association](#)

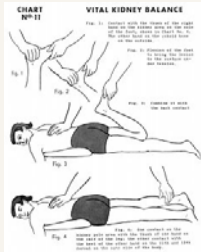
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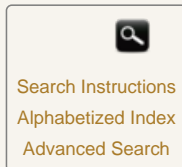
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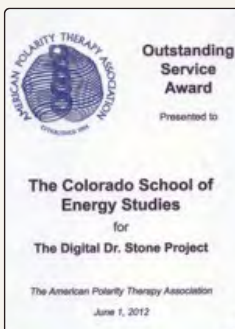
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Chart No. 11 - Vital Kidney Balance



Fig. 1: Contact with the thumb of the right hand on the kidney area on the sole of the foot, shown in [Chart No. 4](#). The other hand on the cuboid bone on the outside.

Fig. 2: Flexion of the foot to bring the lesion to the surface under tension.



Fig. 3: Combine it with the back contact

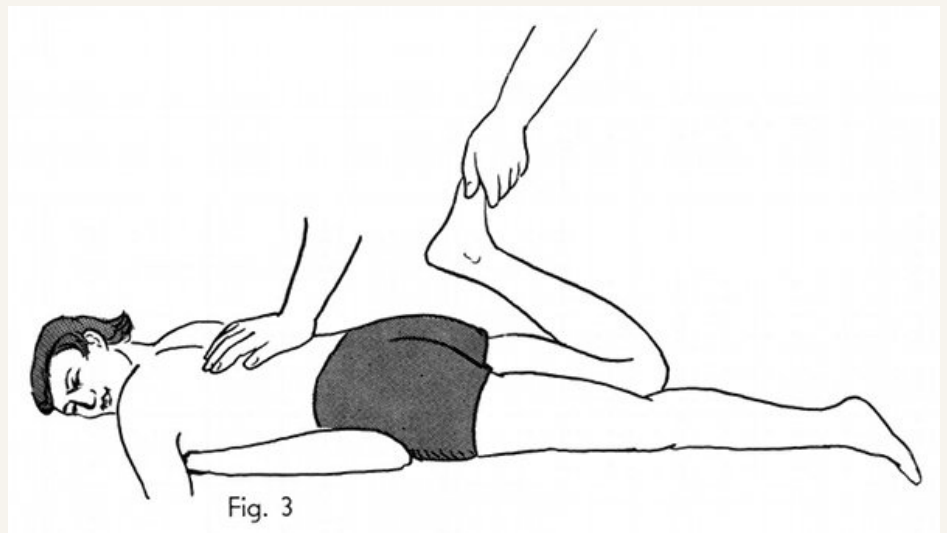
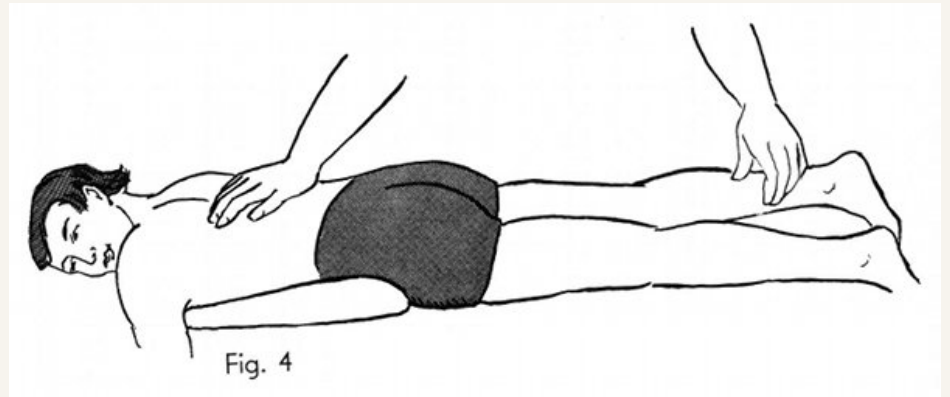


Fig. 4: One contact on the kidney pole area with the thumb of one hand on the calf of the leg;

the other contact with the heel of the other hand on the 11th and 12th dorsal [eleventh and twelfth thoracic, T11, T12] on the same side of the body.



[Book 5, Chart 10](#) ~ [Book 5, Chart 12](#)

[Book 5, "Explanation of Chart No. 11"](#)

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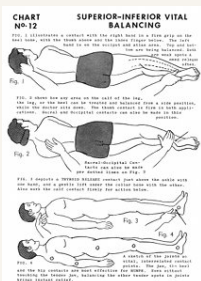
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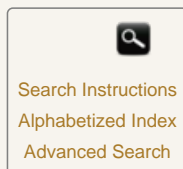
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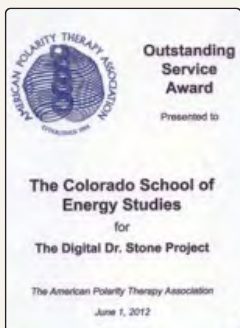
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Chart No. 12 - Superior-Inferior Vital Balancing

Fig. 1 illustrates a contact with the right hand in a firm grip on the heel bone, with the thumb above and the index finger below. The left hand is on the occiput and atlas area. Top and bottom are being balanced. Both are weak spots & need release often.

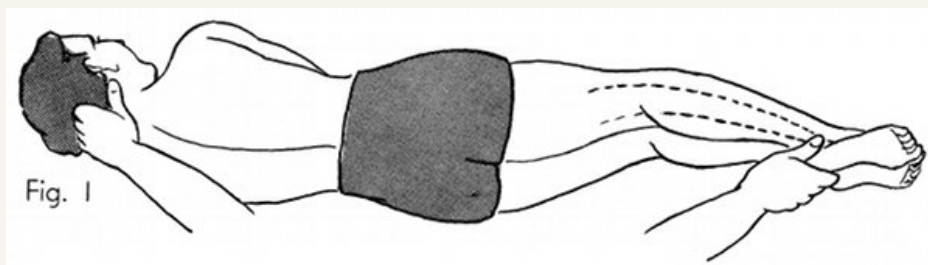
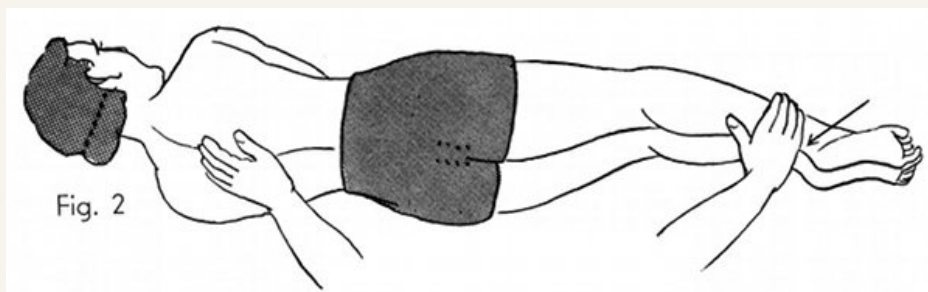
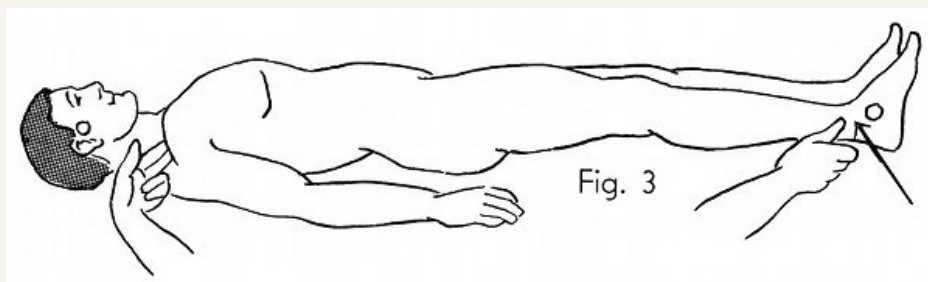


Fig. 2 shows how any area on the calf of the leg, the leg, or the heel can be treated and balanced from a side position, while the doctor sits down. The thumb contact is firm in both applications. Sacral and occipital contacts can also be made in this position.

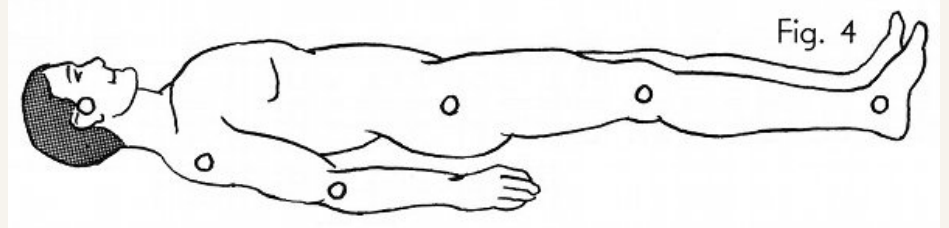


Sacral-occipital contacts can also be made per dotted lines on Fig. 2

Fig. 3 depicts a thyroid release contact just above the ankle with one hand, and a gentle lift under the collar bone with the other. Also work the calf contact firmly for action below.



A sketch of the joints as vital, interrelated contact points. The jaw, the heel and the hip contacts are most effective for mumps. Even without touching the tender jaw, balancing the other tender spots in joints brings instant relief.



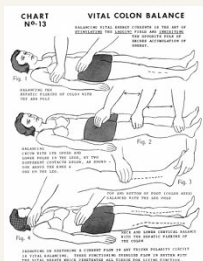
[Book 5, Chart 11](#) ~ [Book 5, Chart 13](#)

[American Polarity Therapy Association](#)

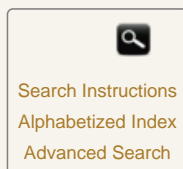
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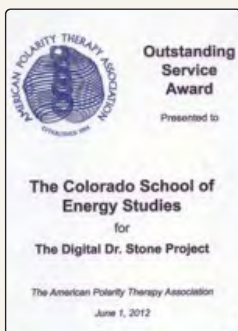
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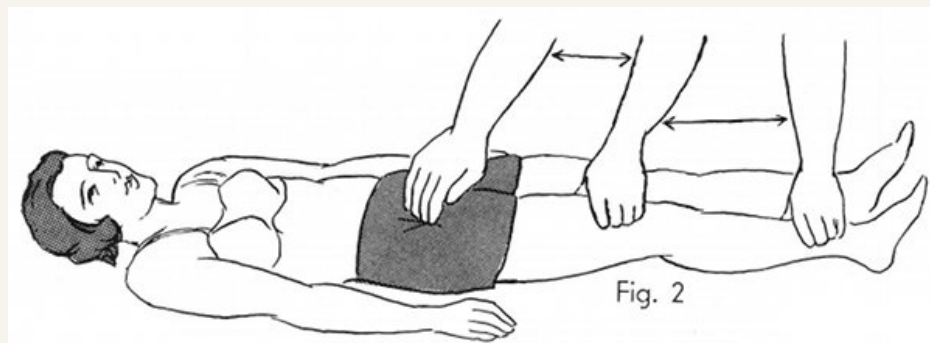
Polarity Therapy Volume 2, Book 5

Chart No. 13 - Vital Colon Balance

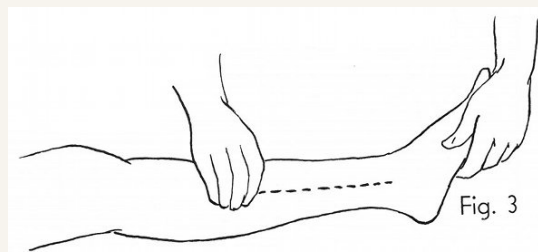
Balancing vital energy currents is the art of stimulating the lagging field and inhibiting the opposite pole of excess accumulation of energy.



Balancing the hepatic flexure of colon with the arm pole

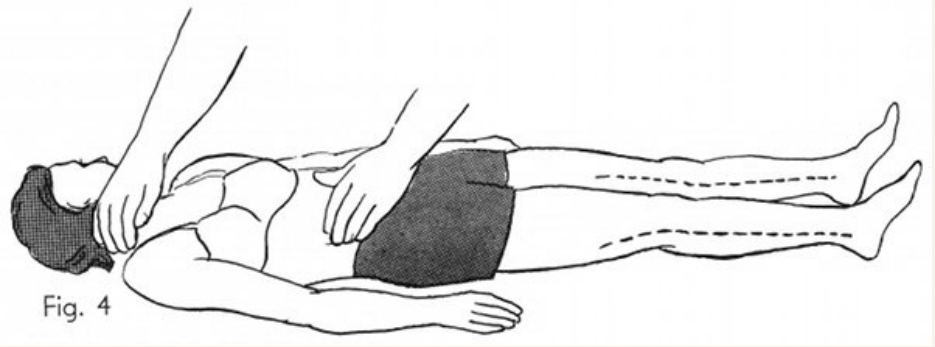


Balancing cecum [caecum] with its upper and lower poles in the legs, by two different contacts below, as shown - one above the knee & one on the leg.



Top and bottom of foot (colon area)
balanced with the leg pole

Neck and lower cervical balance with the hepatic flexure of the colon



Promoting or restoring a current flow in any triune polarity circuit is vital balancing. These functioning energies flow in rhythm with the vital breath which penetrates all tissue for living function.

[Book 5, Chart 12 ~ Book 5, Chart 14](#)

[Book 5, "Explanation of Chart No. 13"](#)

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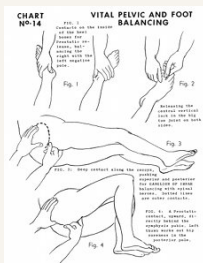
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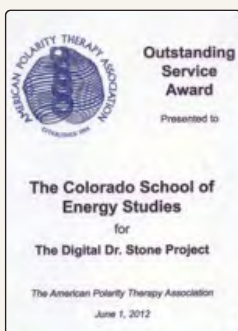
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Chart No. 14 - Vital Pelvic and Foot Balancing

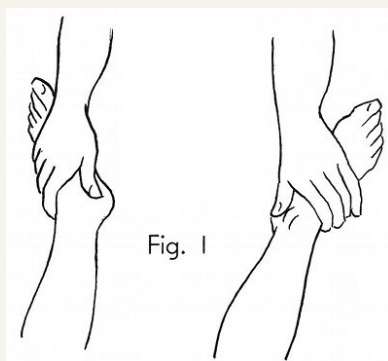


Fig. 1 Contacts on the inside of the heel bones for prostatic release, balancing the right with the left negative pole.

Releasing the central vertical lock in the big toe joint on both sides.

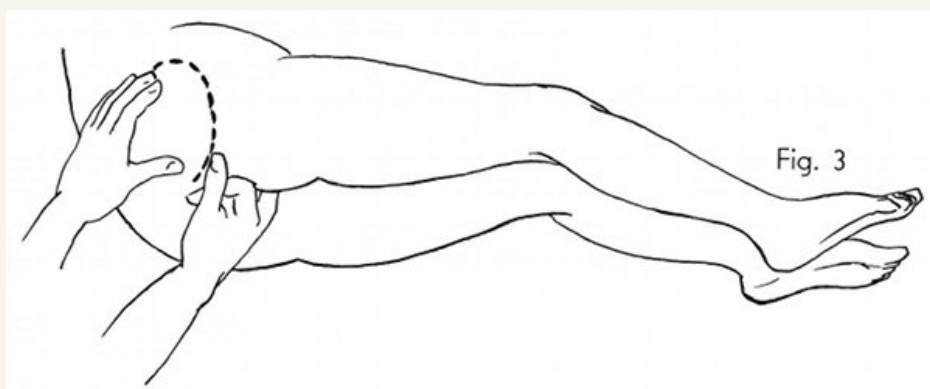
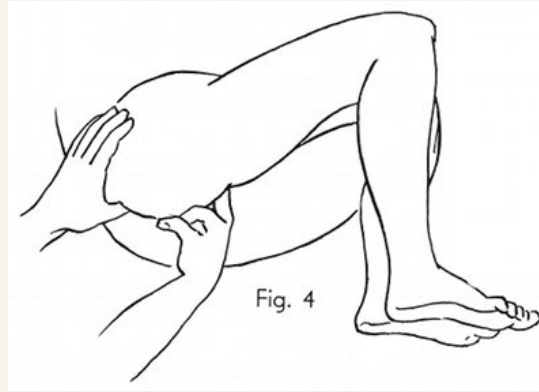


Fig. 3: Deep contact along the coccyx, pushing superior and posterior for ganglion of impar balancing with spinal nerves. Dotted lines are outer contacts.

Fig. 4: A prostatic contact, upward, directly behind the symphysis pubis



[pubic symphysis]. Left thumb works out hip soreness in the posterior pole.

[Book 5, Chart 13](#) ~ [Book 5, Chart 15](#)

[American Polarity Therapy Association](#)

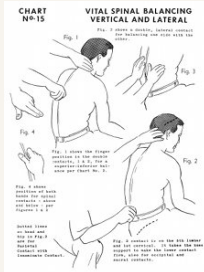
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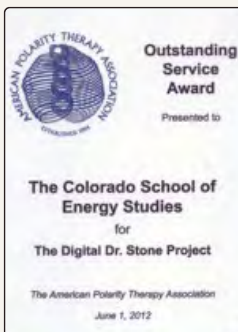
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Chart No. 15 - Vital Spinal Balancing Vertical and Lateral



Fig. 1 shows the finger position in the double contacts, 1 & 2 [one and two], for a superior-inferior balance per [Chart No. 2](#).

Fig. 2 contact is on the 5th lumbar [fifth lumbar, L5] and 1st cervical [first cervical, C1]. It takes the knee support to make the lower contact firm, also for occipital and sacral contacts.

Dotted lines on head and hip in Fig. 2 are for parietal contact with innominate [hip] contact.

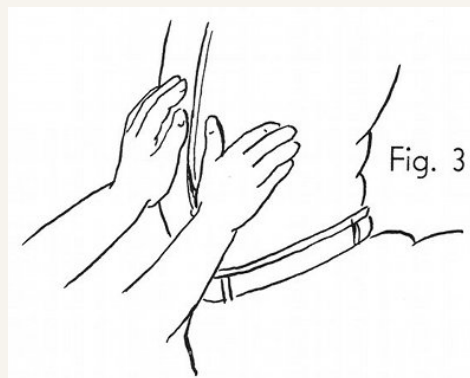
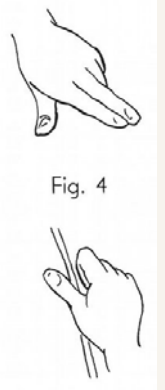


Fig. 3 shows a double, lateral contact for balancing one side with the other.

Fig. 4 shows position of both hands for spinal contacts - above and below - per figures 1 & 2



[Book 5, Chart 14 ~ Book 5, Chart 16](#)

[Book 5, "Explanation of Chart No. 15"](#)

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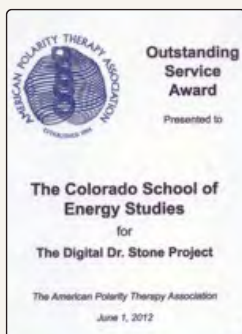
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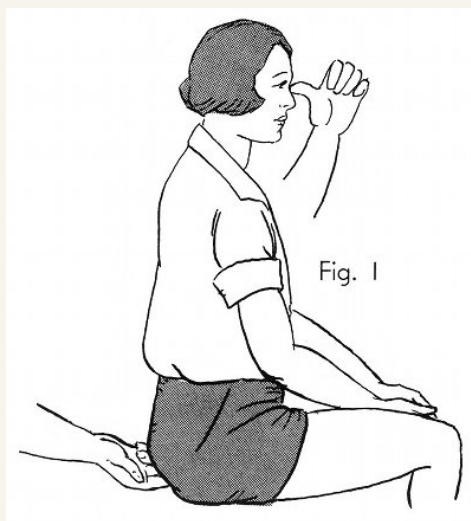
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Polarity Therapy Volume 2, Book 5

Chart No. 16 - Balancing Sphenoid and Coccyx Vital Currents



A neuter [neutral] contact at the root of the nose, for the superior anterior pole through the sphenoid, the ethmoid & the nasal bones.

The inferior contact is made with the middle, positive finger of the other hand on the tip of the coccyx.

See [Chart No. 18](#) in this book for relationship of bony structures.

A lateral contact with the thumb on the right wing of the sphenoid bone. The inferior contact is made with the middle finger of the left hand, with a gentle pressure on the left side of the coccyx. When the superior contact is on the left side of the head, the inferior contact will be made on the right side of the coccyx. The lateral currents cross over, so these contacts are made on opposite sides of the body.

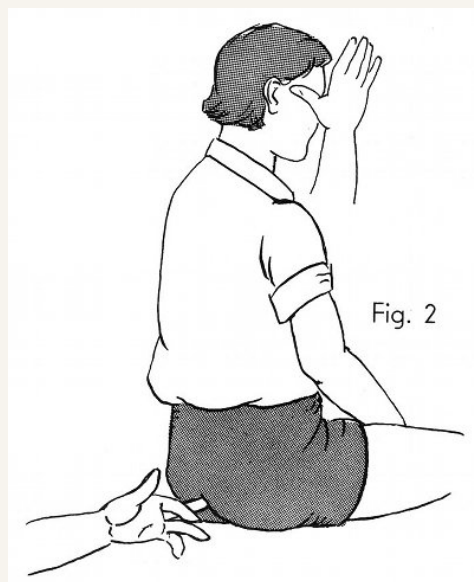


Fig. 3 shows firm finger contacts on both sides of the laminae together with a gentle stretch for tension release and current flow, without adjustment. For adjustments, see Book 2, Charts 45 to 50 [Charts No. [45](#), [46](#), [47](#), [48](#), [49](#), [50](#)].



Fig. 3

[Book 5, Chart 15](#) ~ [Book 5, Chart 17](#)

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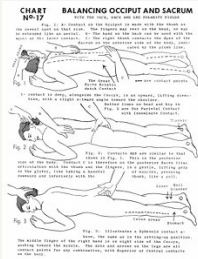
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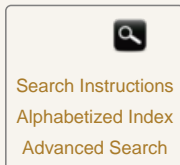
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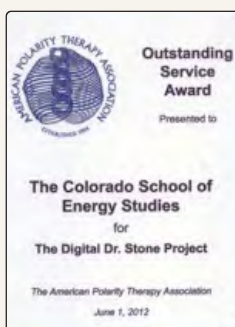
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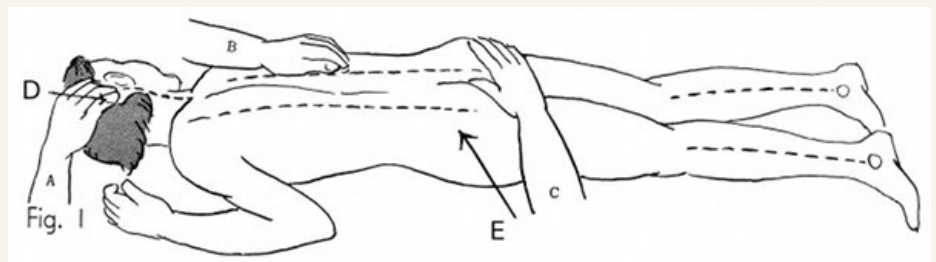
Chart No. 17 - Balancing Occiput and Sacrum With the Neck, Back and Leg Polarity Fields

Fig. 1: A - Contact on the occiput is made with the thumb on the sorest spot on that side. The fingers may rest on the head, or may be extended like an aerial.

B - The hand on the back can be used with the upper or the lower contact.

C - The right thumb contacts the apex of the sacrum on the anterior side of the body, indicated by the plumb line.

--- are contact points



(D) Only thumb

(E) The great sacro sciatic [sacrosciatic] notch contact

C - contact is deep, alongside the coccyx, in an upward, lifting direction, with a slight outward angle toward the shoulder. Dotted lines on head and hip in Fig. 2 are for parietal contact with innominate [hip] contact.

Fig. 2: Contacts A & B are similar to that shown in Fig. 1. This is the posterior side of the body. Contact C is therefore on the posterior sacro iliac [sacroiliac] articulation with the thumb and the fingers, in a gentle, lifting grip on the glutei, like taking a handful of muscles, pressing downward and inferiorly with the thumb, like a pull.



(D) Thyroid

Fig. 3: Illustrates a sphenoid contact above, the same as in the sitting-up position. The middle finger of the right hand is on right side of the coccyx, pushing toward the middle. The dots and arrows on the legs are all contact points for any combination, with superior or central contacts on the body.

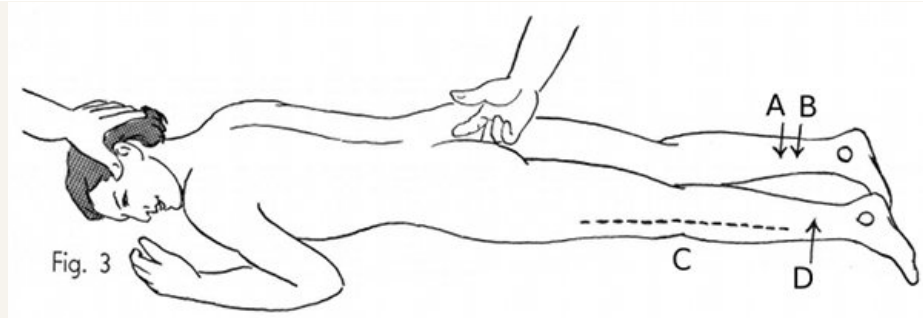


Fig. 3

(A) Liver

(C) Colon areas

(B) Gall bladder

(D) Stomach

[Book 5, Chart 16](#) ~ [Book 5, Chart 18](#)

[American Polarity Therapy Association](#)

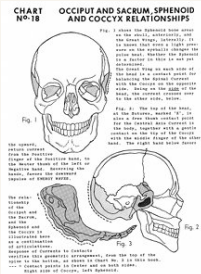
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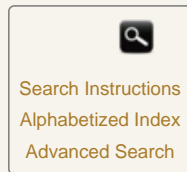
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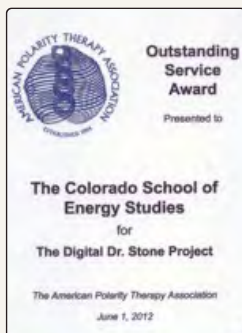
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Chart No. 18 - Occiput and Sacrum, Sphenoid and Coccyx Relationships

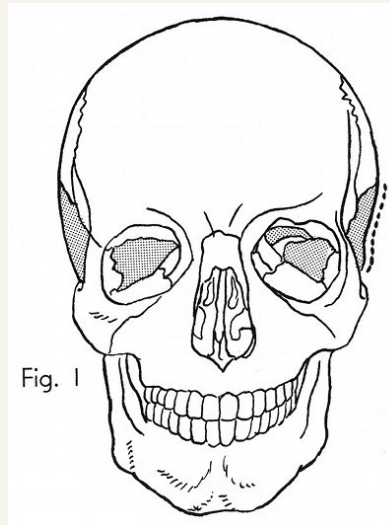


Fig. 1 shows the sphenoid bone areas on the skull, anteriorly, and the great wings, laterally. It is known that even a light pressure on the eyeballs changes the pulse beat. Whether the sphenoid is a factor in this is not yet determined.

The great wing on each side of the head is a contact point for balancing the spinal current with the coccyx on the opposite side. Being on the side of the head, the current crosses over to the other side, below.

Fig. 1

Fig. 2: The top of the head, at the sutures, marked 'X', is also a free thumb contact point for the central axis current in the body, together with a gentle contact on the tip of the coccyx with the middle finger of the other hand. The right hand below favors the upward, return current from the positive finger of the positive hand, to the neuter [neutral] thumb of the left or negative hand. Reversing the hands, favors the downward impulse of energy waves.

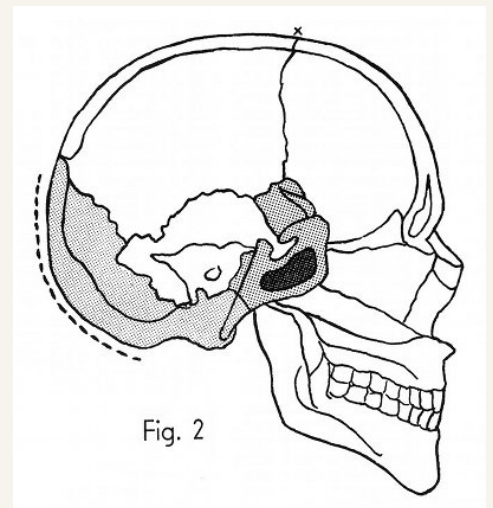


Fig. 2

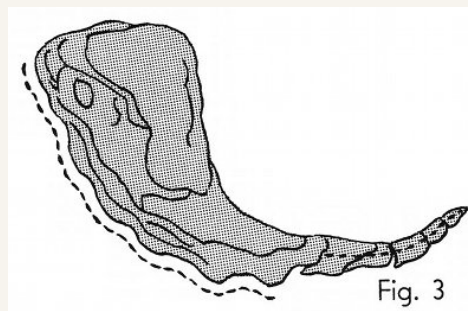


Fig. 3

The relationship of the occiput and the sacrum, and the sphenoid and the coccyx is illustrated here as a continuation of articulations. Response of currents to contacts verifies this geometric arrangement, from the top of the spine to the bottom, as shown in [Chart No. 2](#) in this book.

--- = Contact points in center and on both sides.

Right side of coccyx, left sphenoid.

[Book 5, Chart 17](#) ~ [Book 5, Chart 19](#)

[American Polarity Therapy Association](#)

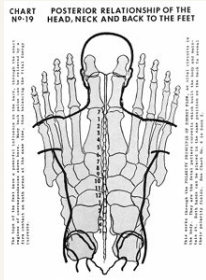
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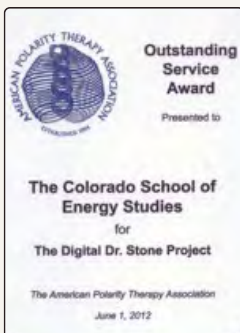
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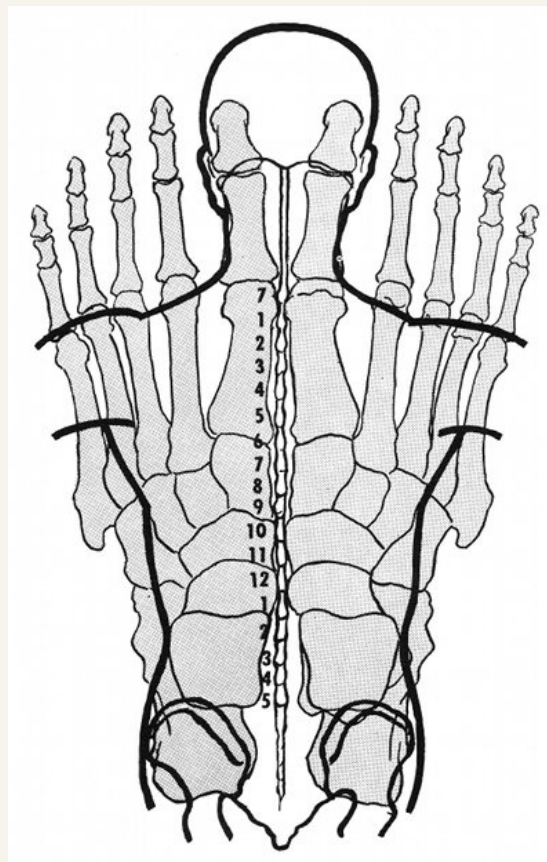
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Chart No. 19 - Posterior Relationship of the Head, Neck and Back to the Feet



The tops of the feet have a powerful influence on the back, through the exact regions of correspondences shown here. Many back pains can be relieved by a firm contact on both areas at the same time, thus balancing the vital energy currents.

This works through the polarity principle of energy flow, as vital circuits in the body. They are the fetal pattern currents which built the body and maintain it. Both hands can be placed in the same position on the back to reveal their polarity fields. See [Chart No. 4](#) in Book 2.

Additional Keywords: C7, T1, T2, T3, T4, T5, T6, T7, T8, T9, T10, T11, T12, L1, L2, L3, L4, L5

[Book 5, Chart 18 ~ Book 6, Chart 1](#)

[Book 5, "Explanation of Chart No. 19"](#)

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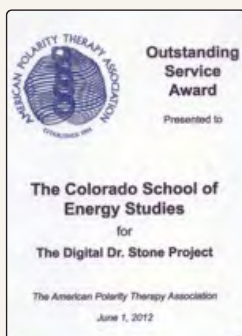
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Private Notes for Polarity Therapy
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A Brief Explanation of the Emerald
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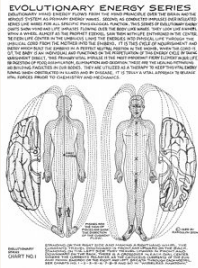
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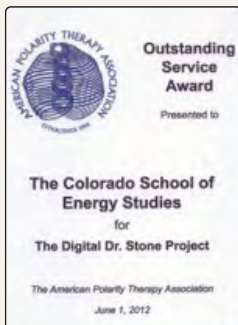
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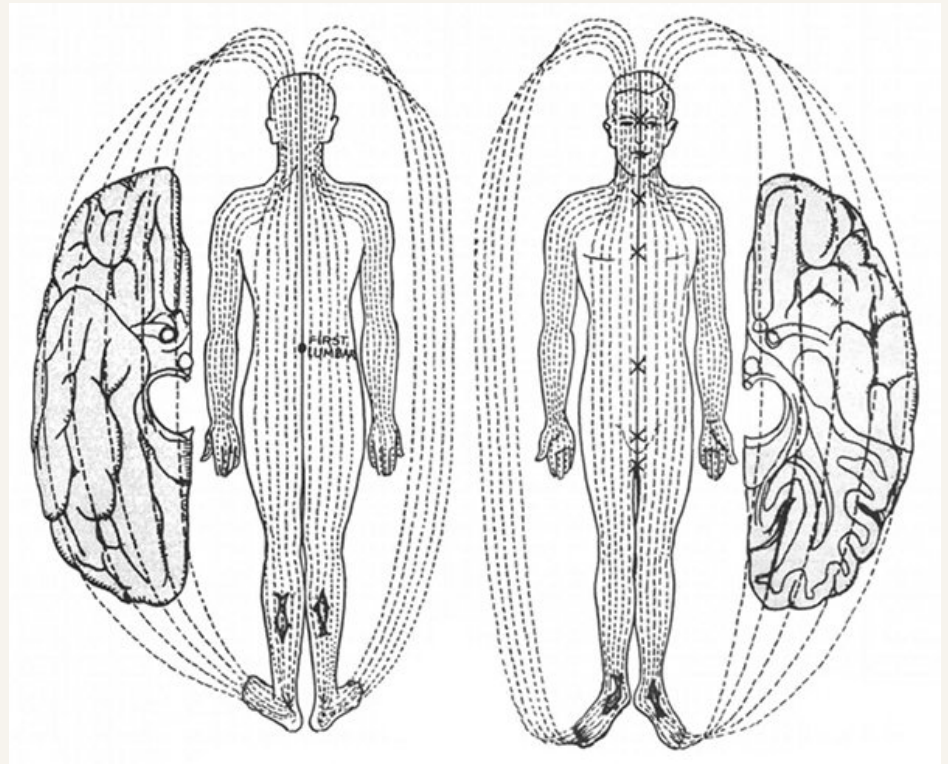


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Polarity Therapy Volume 2, Book 6

Chart No. 1 - Evolutionary Energy Series

Evolutionary mind energy flows from the mind principle over the brain and the nervous system as primary energy waves. Second, as conducted impulses over insulated nerves like wires for all specific physiological function. This series of evolutionary energy charts show mind and life impulses flowing over the body like waves. They look like a wheel within a wheel almost as the prophet Ezekiel saw them with life enthroned in the center.^[1] The fiery life center in the umbilicus links the energies into physical life through the umbilical cord from the mother into the embryo. It is this cycle of nourishment and energy which built the embryo in a perfect neutral position in the womb. When the cord is cut, the baby is an individual and functions on the perpetuation of this energy cycle by taking nourishment direct. This primary vital impulse is the most important fiery element in our life for digestion of food, assimilation, elimination and oxidation. These are the healing repairing and building faculties in our bodies. They are utilized as a therapy to keep this vital energy flowing when obstructed in illness and by disease. It is truly a vital approach to release vital forces prior to chemistry and mechanics.



Fishes are the sign of Pisces and show the direction of the current flow.

Standing on the right side and making a right hand whirl, the currents travel downward in front and upward on the back. Standing on the left side they travel upward in front and downward on the back. There is a crossover in each oval center where the currents polarize as the caduceus currents of the sun and moon energy or the right and left breath through each nostril.

See Charts No. [1](#), [2](#), [3](#), [5](#), [6](#), [7](#), [8](#), [9](#), and [60](#) in "Wireless Anatomy."

Illustration Keywords: first lumbar [L1]

¹ Ezekiel 1:15-18

[Book 5, Chart 19](#) ~ [Book 6, Chart 2](#)

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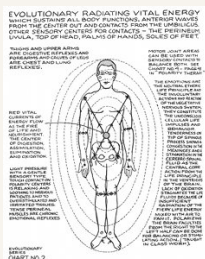
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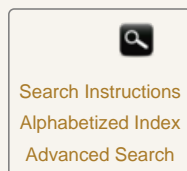
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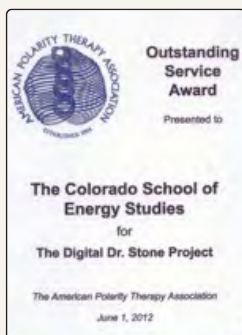
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Chart No. 2 - Evolutionary Radiating Vital Energy Which Sustains All Body Functions. Anterior Waves from the Center Out and Contacts from the Umbilicus. Other Sensory Centers for Contacts - the Perineum, Uvula, Top of Head, Palms of Hands, Soles of Feet.

Thighs and upper arms are digestive reflexes and forearms and calves of legs are chest and lung reflexes.

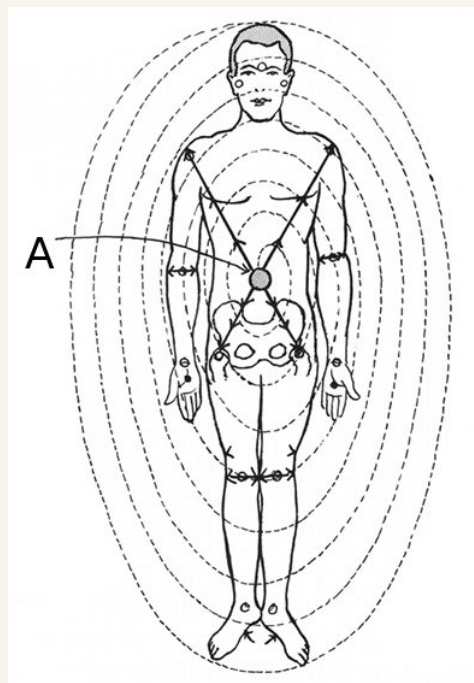
(A) Red vital currents of energy flow as the fire of life and nourishment. The center of digestion, assimilation, elimination and oxidation.

Light pressure with a gentle sensory type touch contact on polarity centers is relaxing and soothing to nervous patients and to overstimulated and irritated tissues. Tense perineal muscles are chronic emotional reflexes

Motor joint areas can be used with sensory contacts to balance both. See [Chart No. 4](#) - page 45 in "Polarity Therapy"

The emotions are the neutral etheric life principle and the involutionary actions and reactions of the vegetative nervous system.

They constitute the unconscious cellular life impulses and behavior. Tenderness on tip of spinous process shows a congestion in the meninges and a stagnation in the cerebro spinal [cerebrospinal] fluid as the central core action from the life principle in the ventricles of the brain. Lack of oxidation stagnates the life fluids because of insufficient radiation of the fiery life energy mixed with air to fan it. Polarizing the brain faculties from the right to the left half can be done for balancing or stimulating action. (Taught in class work).



[Book 6, Chart 1](#) ~ [Book 6, Chart 3](#)

[American Polarity Therapy Association](#)

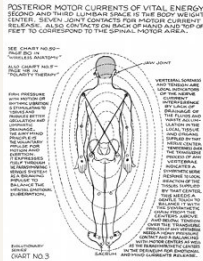
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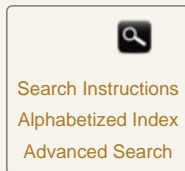
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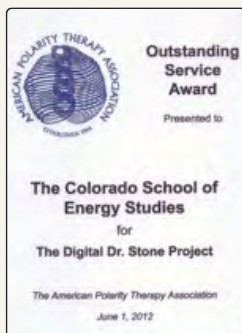
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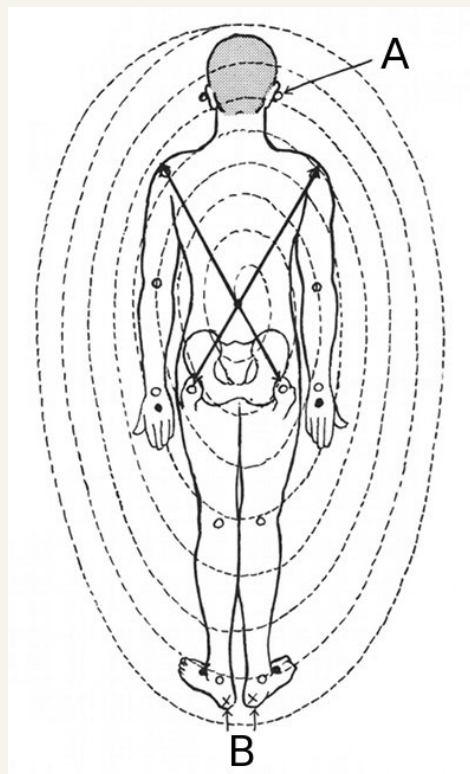
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Chart No. 3 - Posterior Motor Currents Vital Energy. Second and Third Lumbar Space Is the Body Weight Center. Seven Joint Contacts for Motor Current Release. Also Contacts on Back of Hand and Top of Feet to Correspond to the Spinal Motor Area.



See [Chart No. 59](#) - page 80 in "Wireless Anatomy"

Also [Chart No. 5](#) - page 48 in "Polarity Therapy"

(A) Jaw joint

(B) Sacrum

Firm pressure with motion or rhythmic vibration is stimulating to tissues and produces better circulation and lymphatic drainage. The airy mind principle is the voluntary impulse for motion and exertion. It expresses itself through the parasympathetic nervous system as a braking impulse to balance the mental emotional exuberation.

Vertebral soreness and tension are local indicators of the nerve current interference by lack of drainage of the fluids and waste accumulation in the local tissue and organs supplied by that nerve center. Tenderness over the transverse process of any vertebrae

indicates sympathetic nerve response to local reaction of the tissues supplied by that center. This needs a gentle touch to balance it with the sympathetic chain from the centers above and below. Tension over the transverse process of any vertebrae needs a heavy pressure contact and a balancing with motor centers as well as the parasympathetic centers in the perineum for emotional and mind currents release.

[Book 6, Chart 2](#) ~ [Book 6, Chart 4](#)

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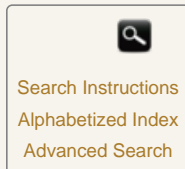
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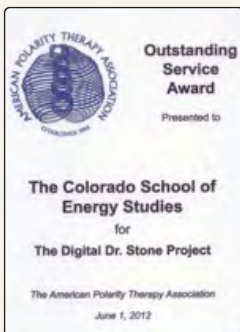
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Chart No. 4 - Evolutionary Treatment Applied

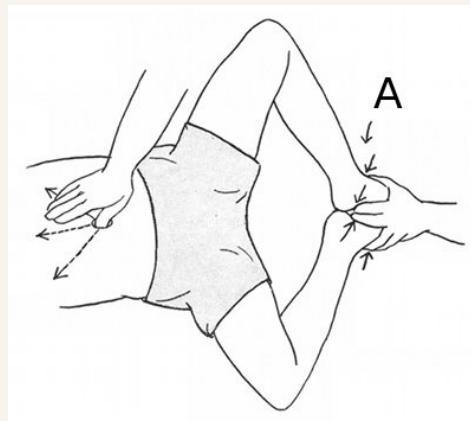
It distributes the fiery energy of digestion, aids circulation and current flow.

A single contact on the sole of the foot can also be used with the umbilical contact

The umbilicus is the potential life center from birth

Excellent therapy for heart, kidneys and digestive organs

The umbilical contact releases the fire of oxidation and circulation from the center to the circumference.



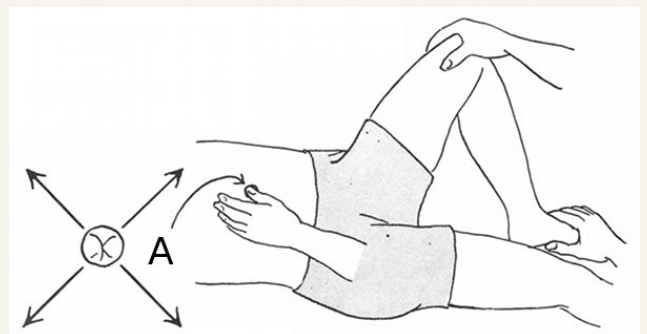
(A) Directional energy flow contact points

This is a very effective treatment for
sciatica. The relaxation in the groins
relieves the anterior muscle tension and
pain.

Thumb is sunk well down without force into umbilicus and directional pressure given. Avoid pressure on the abdominal aorta on left side of umbilicus.

(A) Umbilicus

Single contacts for each side
- knee and umbilicus or foot
and umbilicus. Use a firm
contact on knee or foot, with
or without motion.



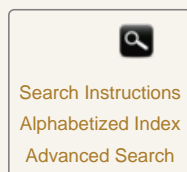
[Book 6, Chart 3](#) ~ [Book 6, Chart 5](#)



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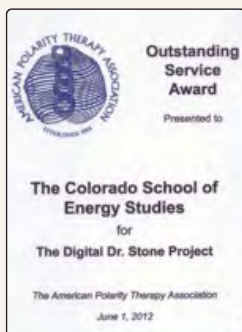
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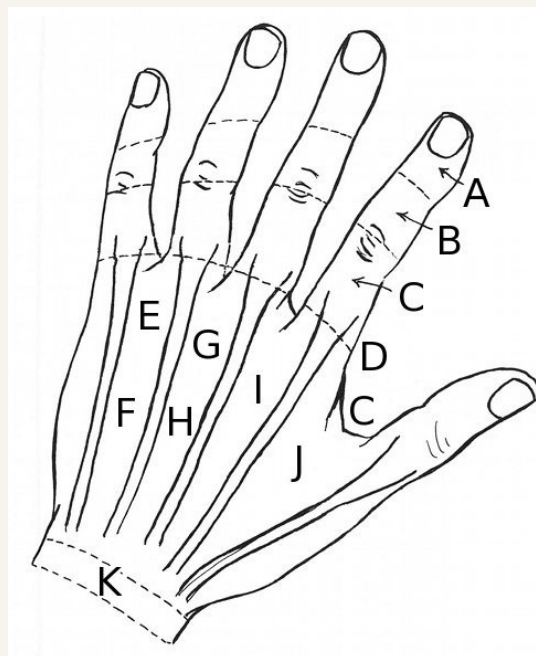
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Chart No. 5 - Horizontal Diagnostic Areas

Left hand diagnostic areas of tenderness of motor and sympathetic circulatory energy flow. Acute symptoms also include the nails, their color, curves, thickness, spots and ridges.

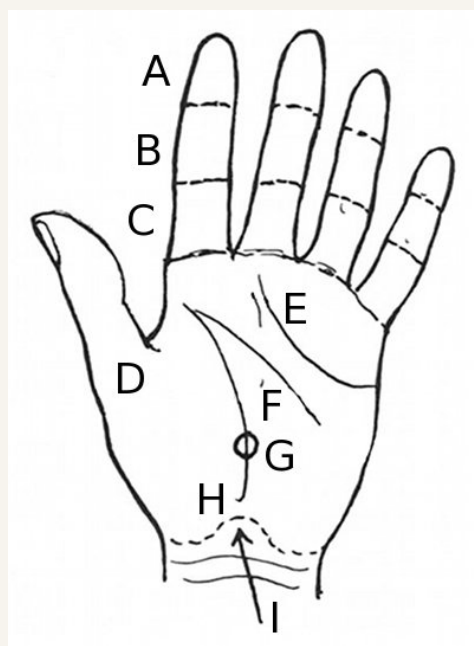
For anterior vertical diagnostic areas see [Chart No. 4](#) - page 11. "Wireless Anatomy"



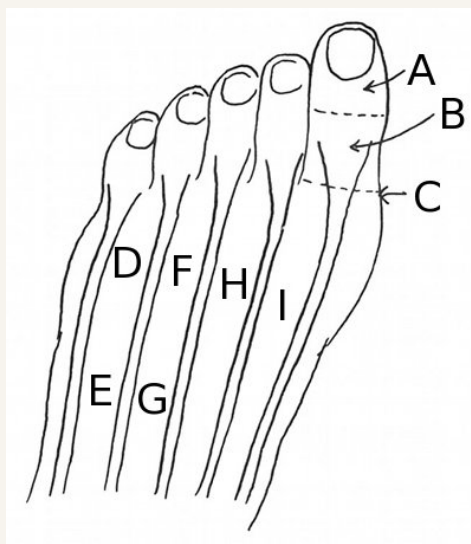
- (A) Upper half of head
- (B) Lower half of back of head
- (C) Neck
- (D) Shoulder girdle
- (E) Prostate or uterus
- (F) Perineum, rectum
- (G) Kidneys, duodenum
- (H) Jejunum, ilium [ileum], colon
- (I) Diaphragm, respiration, lungs, heart
- (J) Brachial plexus, currents to heart, stomach
- (K) Sacrum

- (A) Forehead
- (B) Face
- (C) Throat
- (D) Thyroid
- (E) Chest
- (F) Abdomen
- (G) Umbilicus
- (H) Pelvis

(I) Uterus or prostate, pelvic trouble, indicates Caesarian [Cesarean, Caesarian] or birth difficulty for mothers.



Feet show chronic reflexes. Painful joints are important signs of energy blocks. Nail conditions are as above. They show vital circulation deficiency and sympathetic energy blocks.



- (A) Head
- (B) Neck
- (C) Shoulders
- (D) Prostate, uterus
- (E) Perineum, rectum
- (F) Kidneys, duodenum
- (G) Jejunum, ilium [ileum], colon
- (H) Diaphragm, respiration, lungs, heart
- (I) Brachial plexus, currents to heart and stomach

[Book 6, Chart 4](#) ~ [Book 6, Chart 6](#)

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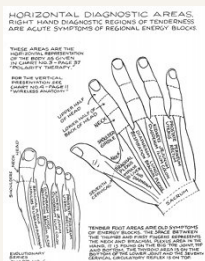
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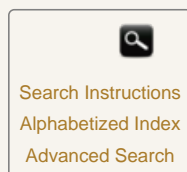
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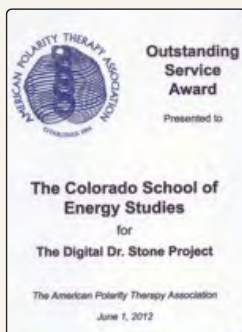
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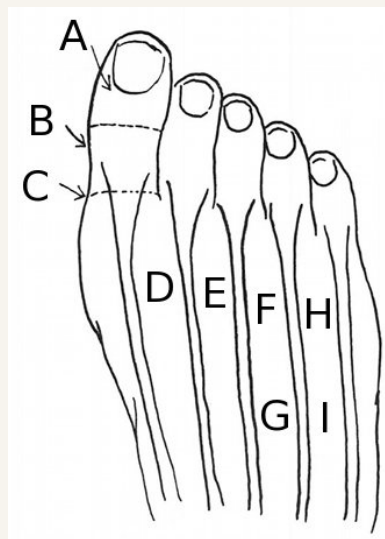
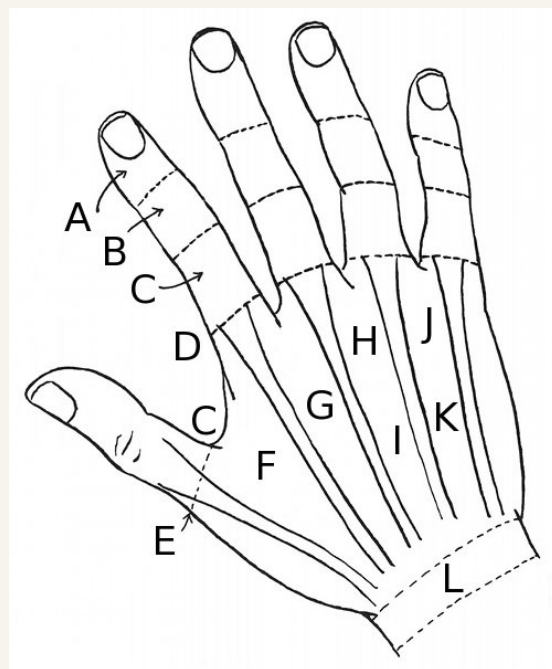
Chart No. 6 - Horizontal Diagnostic Areas

Right hand diagnostic regions of tenderness are acute symptoms of regional energy blocks.

These areas are the horizontal representation of the body as given in [Chart No. 3](#) - page 37 "Polarity Therapy."

For the vertical presentation See [Chart No. 4](#) - page 11 "Wireless Anatomy"

- (A) Upper half of head
- (B) Lower half of back of head
- (C) Neck
- (D) Shoulder girdle
- (E) Seventh cervical [C7]
- (F) Brachial plexus, impulse to liver and diaphragm
- (G) Diaphragm, lungs, respiration, brachial plexus
- (H) Kidneys, duodenum
- (I) Jejunum, ilium [ileum], colon
- (J) Prostate, uterus
- (K) Perineum, rectum
- (L) Sacrum



- (A) Head
- (B) Neck
- (C) Shoulders
- (D) Brachial plexus, impulses to liver and diaphragm
- (E) Diaphragm, lungs, respiration, brachial plexus
- (F) Kidneys, duodenum
- (G) Jejunum, ilium [ileum], colon
- (H) Prostate, uterus
- (I) Perineum, rectum

Tender foot areas are old symptoms of energy blocks. The space between the thumbs and first fingers represents the neck and brachial plexus area in the hand. It is found on the big toe joint, top and bottom. The thyroid area is on the bottom of the lower joint and the seventh cervical [C7] circulatory reflex is on top.

[Book 6, Chart 5](#) ~ [Book 6, Chart 7](#)

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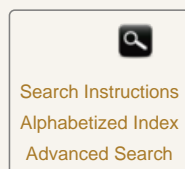
DRAINING THE PROSTATE
BY A PERINEAL LIFTING CONTACT FROM THE OUTSIDE AND ALSO
A CONTACT ON THE HEELS. PRESSURE ON THE INSIDE OF THE HEELS
CLEAR THE NEGATIVE POLE REFLEXES OF THE PROSTATE OR UTERUS.
LIFT UP THE PROSTATE THIS DRAINING TAKES A LITTLE MORE
PRESSURE THAN HOLDING IT FOR RELEASE OF IRRITATION OR
SWELLING. THE CENTER AREA OF THE PERINEUM FROM THE SYMPHYSIS PUBIS TO
THE RECTUM IS THE PROSTATE AREA FOR LIFTING UP FOR DRAINAGE.
MAKE A GENTLE LIFTING CONTACT ON THE
TENSE MUSCLE FASCIA LIFTING TOWARD
THE HEAD AND ONLY IF BREAST. THE HEEL
PRESSURE IS ON THE INSIDE OF THE HEEL.
OF THE HEEL WHICH IS THE MOST TENDER.
HOLD FIRMLY HERE. TREAT GENTLY ACCORD-
ING TO TOLERANCE AND RESPONSE.



THE PERINEAL CONTACT IS THE BEST TREATMENT
FOR NERVOUSNESS AND HYSTERIA WHERE VERY
GENTLE CONTACTS ARE GIVEN AS IN CHARTS 30
AND 31 IN "WIRELESS ANATOMY." THE ELBOW
PRESSURE ON THE SPINE BEING A COMBINATION
TREATMENT OF THE KIDNEYS OVER THE 11TH AND 12TH
DORSAL IN CONNECTION WITH THE PERINEAL
CONTACT FOR THE PROSTATIC CONDITION.

CHART NO. 7

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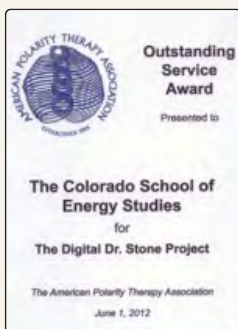
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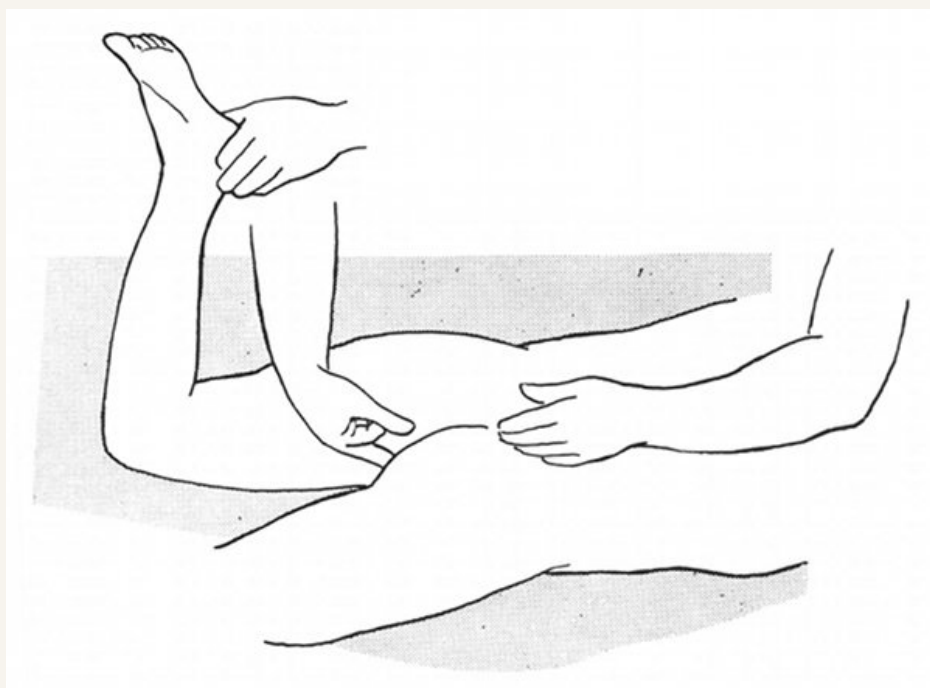


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Chart No. 7 - Draining the Prostate

By a perineal lifting contact from the outside and also a contact on the heels. Pressure on the inside of the heels clears the negative pole reflexes of the prostate or uterus. Lifting up the prostate for draining takes a little more pressure than holding it for release of irritation or swelling. The center area of the perineum from the symphysis pubis [pubic symphysis] to the rectum is the prostate area for lifting it up for drainage. Make a gentle lifting contact on the tense muscle fascia lifting toward the head and hold it briefly. The heel pressure is on the area on the inside of the heel which is the most tender. Hold firmly here. Treat gently according to tolerance and response.



The perineal contact is the best treatment for nervousness and hysteria where very gentle contacts are given as in Charts 30 and 31 in "Wireless Anatomy." The elbow pressure on the spine is for a combination treatment of the kidneys over the 11th and 12th dorsal [eleventh and twelfth thoracic, T11, T12] in connection with the perineal contact for the prostatic condition.

[Book 6, Chart 6](#) ~ [Book 6, Chart 8](#)

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PERINEAL AND SPINAL PRESSURE THERAPY
SPINAL THERAPY BY PRESSURE IN THE SPINAL GROOVE ANYWHERE
ALONG THE SPINE ON EITHER SIDE IS FOR THE RELAXATION OF THE
ERECTOR SPINAE MUSCLES AND INHIBITION OVER THE TRANSVERSE
PROCESS WHICH PRODUCES A SYMPATHETIC REACTION AND RELAXATION.
TOGETHER WITH A PERINEAL CONTACT ON THE SAME SIDE ON THE TENSE
PERINEAL MUSCLES, GIVES MARVELOUS RESULTS IN
LUMBAGO CASES, SCIATICA, LIVER, STOMACH AND DIGESTIVE
TROUBLES. THE SECOND [MIDDLE] FINGER IS USED HERE FOR PERINEAL
CONTACTS. THE PRESSURE IS MADE WITH THE ELBOW ON HEAVY
PATIENTS AND IN SEVERE TENSIONS; OTHERWISE WITH THE THUMB.



TREAT ONE SIDE AT A TIME UNTIL IT RELAXES. A FEW MINUTES
ON ONE SIDE AND THEN THE OTHER AND REPEAT. THE PERINEUM IS THE
PARASYMPATHETIC [PARASYMPATHETIC] RESPONSE AREA. THE
GANGLION OF IMPAR AND THE SYMPATHETIC FIBRES [FIBERS] ON EACH
SIDE OF THE COCCYX ARE THE CONTACT AREAS FOR THE SYMPATHETIC
RELEASE AT ITS NEGATIVE POLE. THE POSITIVE POLE IS IN THE NECK
BEHIND THE ANGLE OF THE JAW AND THE STYLOID PROCESS OF THE
TEMPORAL BONE. MAKE A GENTLE CONTACT HERE ALSO BUT OF VERY
SHORT DURATION AS THESE ARE HIGHLY SENSITIVE TISSUES.

DR. RANDOLPH STONE
CREDIT NO. 8

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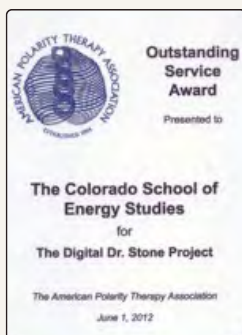
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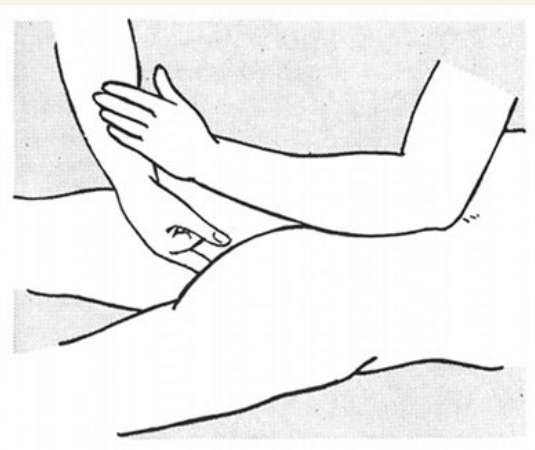
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Chart No. 8 - Perineal and Spinal Pressure Therapy

Spinal therapy by pressure in the spinal groove anywhere along the spine on either side, is for the relaxation of the erector spinae [extensor spinae, sacrospinalis] muscles and inhibition over the transverse processes which produces a sympathetic reaction and relaxation. Together with a perineal contact on the same side on the tense perineal muscles, gives marvelous results in lumbago cases, sciatica, liver, stomach and digestive troubles. The second [middle] finger is used here for perineal contacts. The pressure is made with the elbow on heavy patients and in severe tensions; otherwise with the thumb.

Treat one side at a time until it relaxes. A few minutes on one side and then the other and repeat. The perineum is the parasympathetic [parasympathetic] response area. The ganglion of impar and the sympathetic fibres [fibers] on each side of the coccyx are the contact areas for the sympathetic release at its negative pole. The positive pole is in the neck behind the angle of the jaw and the styloid process of the temporal bone. Make a gentle contact here also but of very short duration as these are highly sensitive tissues.



[Book 6, Chart 7](#) ~ [Book 6, Chart 9](#)

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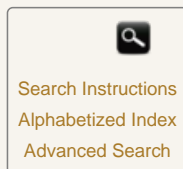
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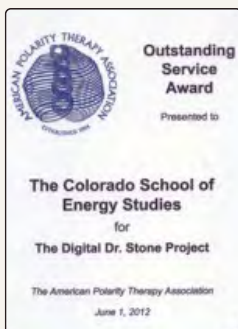
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Chart No. 9 - Drainage of Upper Lymphatics



Sympathetic drainage of the axillary region and neck stimulates pranic energy flow also the cervical ganglions and brachial plexus currents. It clears head congestion in colds, etc. The doctor stands on one side and grips the axillary muscles and the neck muscles on one side with gentle squeezing alternating rhythmic movements. It gives a good response over the upper left rib area of the 3d [3rd, third], 4th [fourth] and 5th [fifth] ribs where digestive and stomach reflexes accumulate and are often mistaken for heart pains. On the right side these areas give gall bladder and liver reflexes and show chemical disturbance and a lack of oxidation.

These conditions are benefitted through the overall polarity circuits as well as the nerve center response.



[Book 6, Chart 8](#) ~ [Book 6, Chart 10](#)

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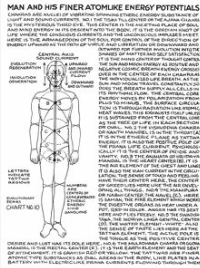
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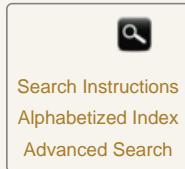
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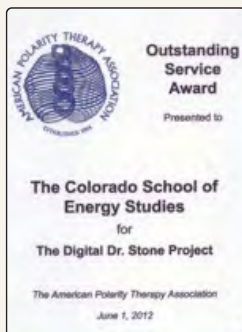
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Chart No. 10 - Man and His Finer Atomlike [Atom-like] Energy Potentials

Chakras are nuclei of vibrating spinning etheric energy substance of light and sound currents.

No. 1 the tisra till [tisra til] center or the Ajana [Ajna] chakra is the mysterious third eye. This center is the meeting place of soul and mind energy in its descent into the body. It is the Gordian Knot of life where the conscious currents and the unconscious impulses meet. Here is the Armageddon of the soul for control of the direction of energy upward as the path of virtue and liberation or downward and outward for further involution into the snares of matter and self satisfaction. It is the mind center of thought control. The sun and moon energy as positive and negative cosmic breath energy crosses over in the center of each chakra as the individualized life breath. As the sun and moon travel constantly so does the breath supply all cells in its rhythmic flow. The central core energy moves by polarization from plus to minus. The surface circulation is through radiation like atomic heat waves. This exhausts itself unless it is sustained from the central core as the tree of life in each section or oval.

No. 2 the Vishuddha [Vishuddhi] chakra or kanth mandel is in the throat (A). It is in the etheric plane as tattwa [tattva] energy. It is also the positive pole of the prana life current. Psychologically it is the center of pride and vanity.

No. 3 the Anahata or hridaya [hrit] mandal is the heart center (B). It is the air element of the chest and lungs. It is also the vian current in the circulation. The sense of touch and feeling have their center here. The center of greed lies here like the air enveloping all things.

No. 4 the Manipura or Nabhi center, the navel (C). Here is saman, the fire element which works the digestive organs as heat under a pot. Red in color. Anger has its seat here and flies freely.

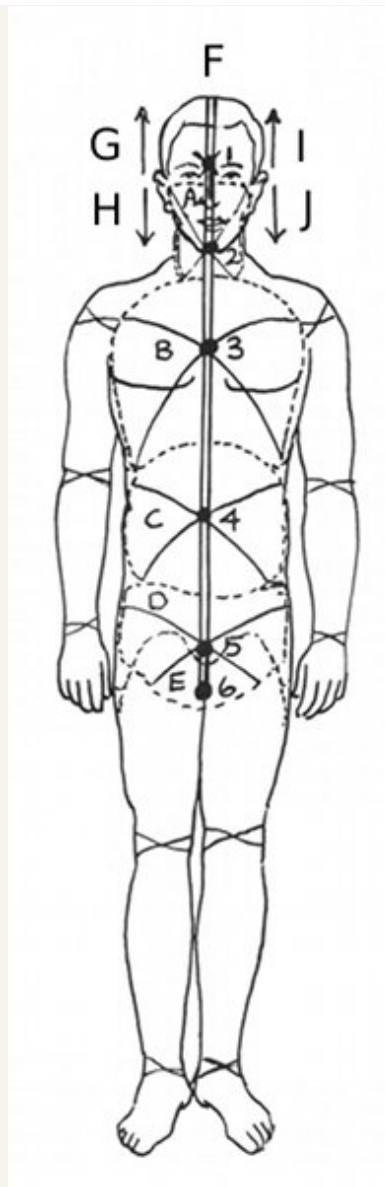
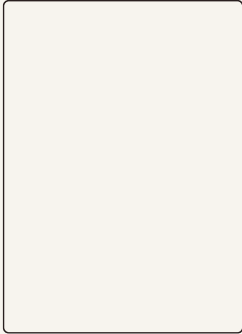
No. 5 the Swadishtana [Swadhisthana], the indriya linga [lingam] genital center (D). The water element - white - also the sense of taste lies here as the tattwa [tattva] element. The active pole is the tongue as the positive center. Desire and lust has its pole here.

No. 6 the Muladhara chakra or gudha mandal is the rectal center (E). It is the earth element and the seat of attachment. It is grayish red or yellow. The tattwas [tattvas] are finer atomic type substances as oval areas in the body, like plates in a battery with electriclike [electric-like] prana currents flowing through them.

Letters [A-E] indicate tattwa [tattva] regions

Numbers are centers of concentrated etheric energy like [energy-like] ganglions

(F) Central axis sound current



- (G) Evolution, regeneration
- (H) Involution, generation
- (I) Upward and inward current flow
- (J) Downward and outward

Illustration Keywords: A, B, C, D, E, 1, 2, 3, 4, 5, 6

[Book 6, Chart 9](#) ~ [Book 6, Chart 11](#)

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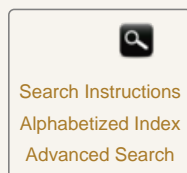
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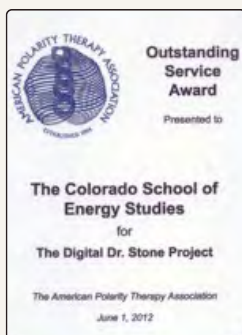
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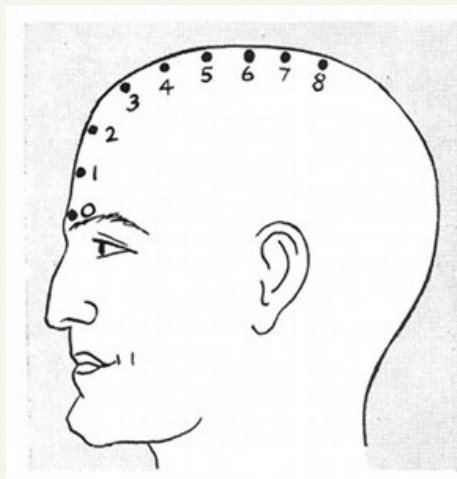


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Chart No. 11 - Man's Mental and Spiritual Energy Potentials

The brain with its faculties of intelligence and regions of spirituality were called Kether [Keter], crown of creation by the Cabalists. In the brain are the prototype of patterns from the spiritual regions reflected as mind patterns and blueprints in miniature [miniature] to be expressed in creation and life as living forms and qualities. The center and origin of all life and energy are the sound and light currents from higher spiritual regions which the central axis of intelligence and life as the real essence in all living beings.



[No.] 0 the first center between the eyes is called tisra till [tisra til], the Ajana [Ajna] chakra or the third eye. It is the seat of the soul when functioning as consciousness. When the mind is stilled here, it is called ruh or the sanctuary of rest by being still. Here is the tabernacle of god in man as his mountain of inspiration and revelation from higher regions. All saints, saviors and prophets have used this highway to the spiritual regions. This is the sanctuary and magic mirror where higher creations can be seen and traveled in on the sound current. This center was also mentioned in Arabian Nights as the Aladdin's lamp found by great effort and many trials.

No. 1 The Sahans dal Kanwall [Sahans dal Kanwal] region or astral plane. From it flow a thousand energy currents which supply the cosmic functions as well as man.

No. 2 Tirkuti [Trikuti] region or mind energy planes cosmic and individual mind.

No. 3 Daswan Dwar Lok. The soulful region of bliss and intelligence.

No. 4 Banwar Gupha [Bhanwar Gupha] Lok. Whirling energy and swinging in blissful rhythm.

No. 5 Sach Khand [Sac Khand] or Sat Lok. The eternal sphere, the life region of spiritual essence and the home of the soul. All regions below are emanated from here. They are not eternal. This is the home of the pure sound and light currents as Surat and Nirat. The region of truth.

No. 6 Alakh Lok or unpercieveable region.

No. 7 Agam Lok. The unknowable region.

No. 8 Radha Swami Dham [Radhaswami Dham]. The eternal sun of life. Love, truth and all knowledge. Gyan.

The faculties in the brain in these areas are: 1 Inspiration, 2 Aspiration, 3 Communion-oneness, 4 Faith, 5 Love, 6 Hope, 7 Truth, 8 Gyan - All knowledge.

Illustration Keywords: 0, 1, 2, 3, 4, 5, 6, 7, 8

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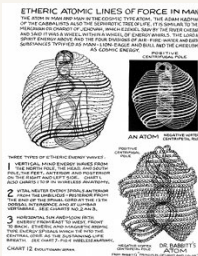
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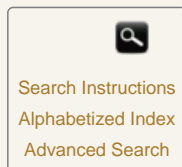
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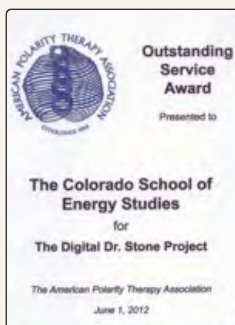
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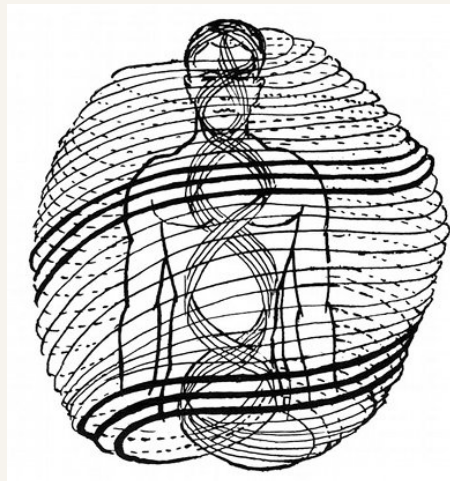


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Chart No. 12 - Etheric Atomic Lines of Force in Man

The atom in man and man in the cosmic type atom. The Adam Kadman [Adam Kadmon] of the Cabbalists [Cabalists] also the sephirothic tree of life. It is similar to the Mercavah [Merkabah, Merkava, Mercabah] or Chariot of Jehovah, which Ezekiel saw by the river Chebar and said it was a wheel within a wheel of energy whirls.^[1] The lord as spirit energy above and the four divisions of air - fire - water and earth substances typified as man - lion- eagle and bull and the cherubim as cosmic energy.



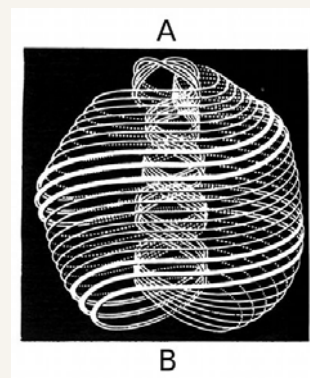
Three types of etheric energy waves.

1 Vertical mind energy waves from the north pole, the head, and south pole, the feet. Anterior and posterior on the right and left side. [Chart 1](#). Also Charts 1 to 9 [Charts No. [1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#), [9](#)] in *Wireless Anatomy*.

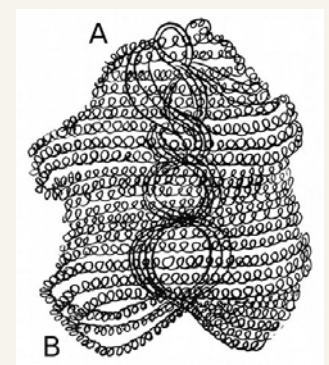
2 Vital neuter energy spirals anterior from the umbilicus - posterior from the end of the spinal cord at the 12th dorsal [twelfth thoracic, T12] interspace and at lumbar vertebrae [vertebrae]. See Charts No. [2](#) and [and] [3](#).

3 Horizontal sun and moon path energy from east to west, front to back. Etheric and magnetic atomic type energy spirals which tie into the central core as the sustaining life breath. See [Chart 7](#) - Fig. 4 *Wireless Anatomy*.

An atom



Dr. Babbitt's^[2] atom



(A) Positive centrifugal pole

(B) Negative vortex centripetal pole

From Babbitt's "Principles of Light and Color"

¹ Ezekiel 1:15-18

² Dr. Edwin D. Babbitt (1828-1905), an American physician who pioneered color therapy and the medicinal use of colored light.

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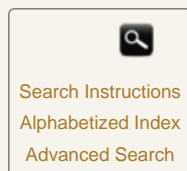
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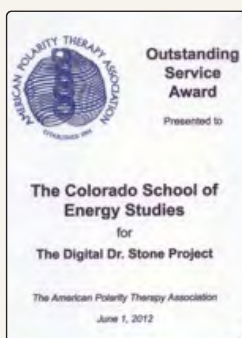
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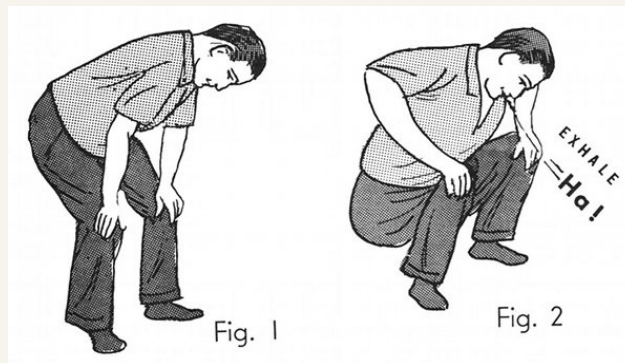


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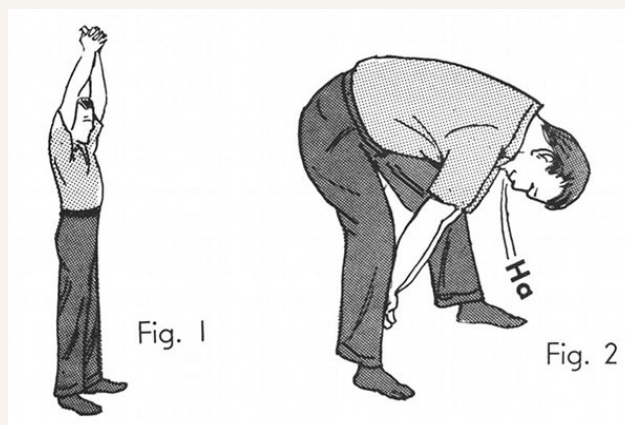
Chart No. 13

Vital exercises with natural breath expression in the motion to integrate the life energy with the action, so the inside and the outside muscles benefit in the effort. Five minutes of it will convince anyone of its value. These charts on exercise are included in the "Evolutionary Energy Series" of charts and are also a supplement to the little book, *"Easy Stretching Postures for Vitality and Beauty"*.



See last paragraph of [Chart 15](#) for rotational directions.

Relax the shoulders and feel it between the blades as a movement. A fine exercise for the muscles of the shoulders, the abdomen, the thighs and the back. Useful in digestive disturbance, constipation, kidney inactivity and general sluggishness. Breathe out completely on going down - and breathe in on rising. It is helpful to the brachial plexus by releasing the shoulders and neck tension. Let the head relax naturally forward.^[1]



The above exercise is as natural as natural as chopping wood and putting some effort at the end of the stroke, which produces the natural sound of "Ha" at the end of the exhalation as well as the elimination of the carbon dioxide, thereby completing the chemical action of the exercise - and all by natural means.^[2]

Illustration Keywords: exhale, ha

Additional Keywords: up and down ha breath, woodchopper

¹ See *Health Building* [page 158](#).

² See *Health Building* [page 159](#).

[Book 6, Chart 12](#) ~ [Book 6, Chart 14](#)

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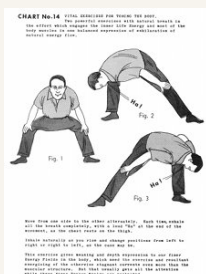
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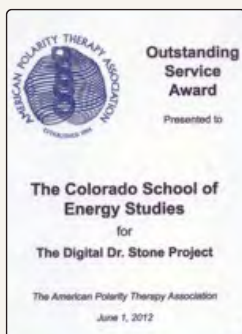
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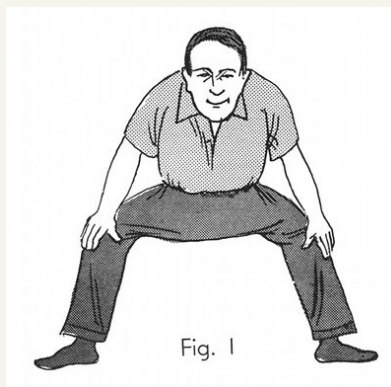


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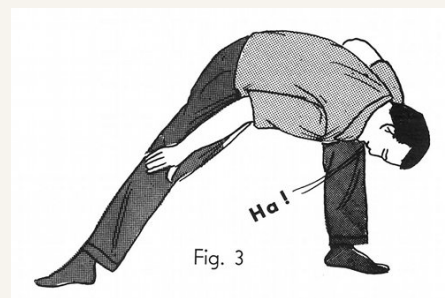
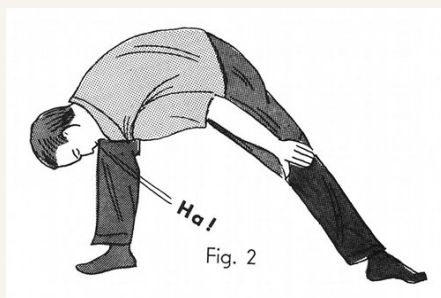
Chart No. 14 - Vital Exercises for Toning the Body.

Two powerful exercises with natural breath in the effort which engages the inner life energy and most of the body muscles in one balanced expression of exhilaration of natural energy flow.



Move from one side to the other alternately. Each time, exhale all the breath completely, with a loud "Ha" at the end of the movement, as the chest rests on the thigh.

Inhale naturally as you rise and change positions from left to right or right to left, as the case may be.



This exercise gives meaning and depth expression to our finer energy fields in the body, which need the exercise and resultant energizing of the otherwise stagnant currents even more than the muscular structure. But that usually gets all the attention while these finer energy fields are neglected.^[1]

Illustration Keywords: ha

Additional Keywords: side to side ha breath

¹ See [Health Building page 160](#) and [page 161](#).

[Book 6, Chart 13](#) ~ [Book 6, Chart 15](#)



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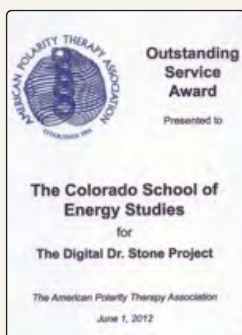
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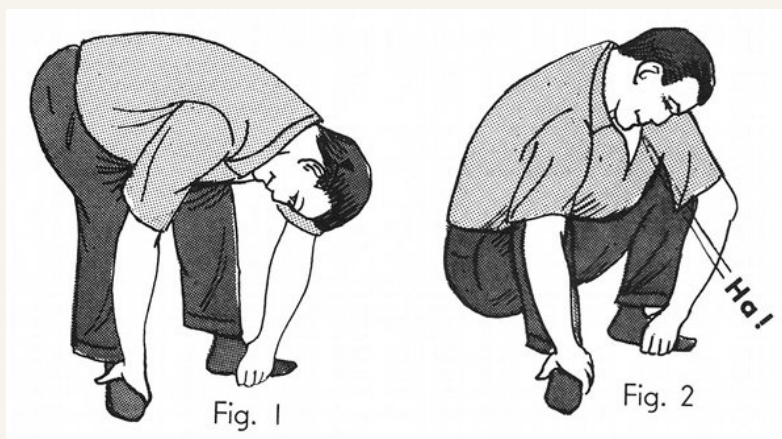
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Chart No. 15 - Exercise for Polarizing the Energy Currents

The perfect neutral position of the body. The embryo in the mother's womb is the beginning of the perfect posture, where all the energies can flow freely, to build a perfect body. (For further explanation, see [Chart No. 5](#) in "Energy", page 49; [Chart No. 10](#) in "The Mysterious Sacrum", page 42; and [page No. 9](#) in "The New Energy Concept".

To assist the body in repairs and building or rebuilding, some relationship to this primal position is used in many exercises for the particular purpose of encouraging more energy flow, especially when used together with the life breath.

This posture is wonderful for the relief of nervousness and excess gas.



In doing these exercises, choose a free space on a soft rug so that if you topple over in your first attempts you will roll like a ball without hurting yourself.

This neutral position of the body is completed with the hands under the arches of the feet, so the polarity currents can flow. The elbow joints are over the knees and the head is bent forward in a relaxed position in order to stretch the muscles of the neck and back.

Then a rocking motion is used - forwards and backwards - while the hands are pulling on the soles of the feet. Breathe out when the abdomen is squeezed by this motion, and breathe in when it is thus released. Next, rock from side to side and continue the same natural way of breathing as with the forward and backward motion. After that, rotate the body in a circular motion - clockwise and counter-clockwise - in as wide a circle as possible. This strengthens the pelvic muscles and is very helpful for lower back conditions. (For further explanation, see the charts in "[Easy Stretching Postures for Vitality and Beauty](#)".)

Illustration Keywords: ha

Additional Keywords: arch pull ha breath

[Book 6, Chart 14](#) ~ [Book 6, Chart 16](#)

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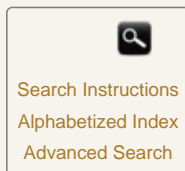
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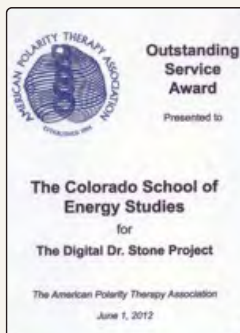
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Chart No. 16 - The Primal Energy Currents of Life as the Three Doshas of Ayurved [Ayurveda]: 1. Warmth, Fire, Male, Positive; 2. Moisture, Water, Female, Negative; 3. Oxygen, Air, Neuter [Neutral].

The embryonic pattern of life energy can be traced in the body by geometric lines of force radiation like the atom, and by structural correspondence of proportions of superior, middle and inferior fields as well as polarity reaction in these fields. See Charts [1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#) in *Wireless Anatomy*.

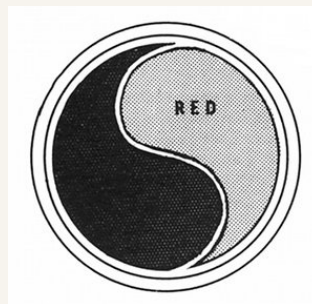
Three currents - positive, negative and neuter [neutral] - called gunas or doshas in the ayurvedic system, operate in the three dimensions of space and build all forms and bodies, nature's way. This is the energy play in finer substance, like the atomic charge of positive and negative around a neuter [neutral] center or nucleus.

This is a new approach to the healing art, explaining the fields and the wireless energy which built the body and sustains it. Specific functions and motions are evolved from this simple beginning into a complex whole. In space it is superior, middle and inferior or height, breadth and thickness in which energy plays and brings forth forms.

Mind pattern energy and mind substance (or chit) built the three-fold nervous system thru [through] the tri-guna polarity, to be actively reflected therein thru [through] stepped-down energy waves along conductors for specific local function and action, like a telephone system. Body cells reproduce themselves by this bipolar energy activity.

Male and female everywhere are the active factors with a neuter [neutral] field for gestation. Father, mother and child are the human family completed. In the Chinese system this was illustrated as the yang - red, positive - and the yin - dark, negative - energy as its reflection entwined in endless motion.

The prime energy can be traced in the body by its function and geometric lines of force, as action and reaction to stimuli, different from nerve tracing and response. The design is the wireless anatomy and the function is the polarity principle in action. Upon this basis finer tracings of energy blocks can be achieved and proved in practice with better results than mere mechanical or chemical therapies.



The yang and the yin as the microscopic eternal male and female in endless embrace of motion and attraction.

See [Chart No. 1](#) in *Vitality Balance*, as the eternal flame of life, creating upward and downward motion and light in the spheres above and below.

See [Chart No. 11](#), page 18 in *Wireless Anatomy* as the two triangles of energy in action in the human body, going down and up, like a window shade in motion; also [Chart No. 14](#), page 21 of the same book, as energy weavings of fibers. See also [Chart No. 7](#), page 54 in *Polarity Therapy*

for the path of the fiery principle in the body.

Illustration Keywords: red

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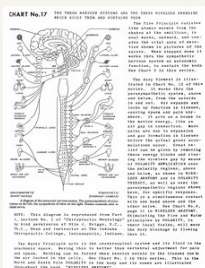
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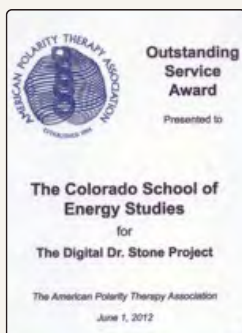
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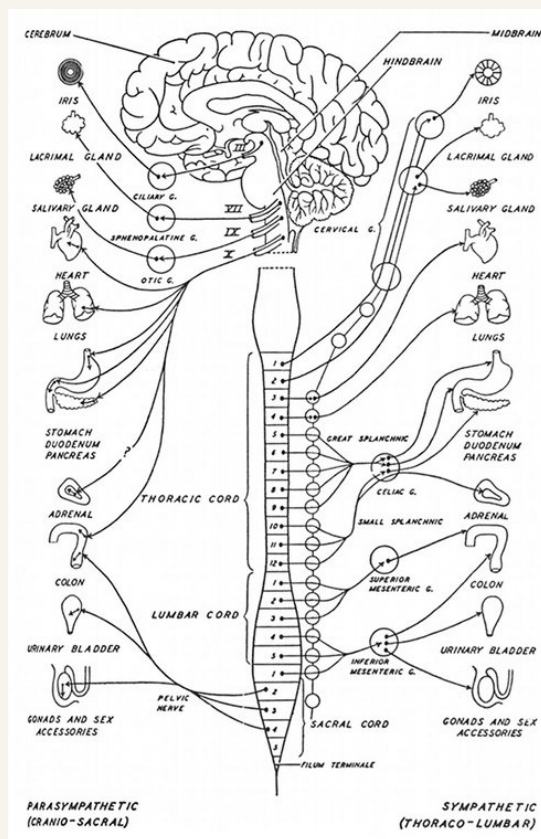
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Chart No. 17 - The Three Nervous Systems and the Three Wireless Energies Which Built Them and Sustains Them

The fire principle radiates like atomic warmth from the chakra at the umbilicus, in oval waves, outward, and creates the vital aura of devotion shown in pictures of the saints. When stepped down it works thru [through] the sympathetic nervous system as autonomic function, to sustain the body. See [Chart 2](#) in this series.

The airy element is illustrated in [Chart No. 12](#) of this series. It works thru [through] the parasympathetic system, above and below, from the outside in and out. Air expands and locks up function in tissues, causing spasm and pain anywhere. It acts as a brake to the motive energy, like an air gap in conduction. Most pains are due to expansion and gas formation in tissues before the actual gross accumulations occur. Great relief can be given by removing these energy blocks and closing the wireless gap by means of polarity application over the polarity regions, above and below, as shown in [Wireless Anatomy](#) and in [Polarity Therapy](#), as well as over the parasympathetic regions shown here, for specific response. This is a simultaneous contact with one hand above and the other below. See [Chart No. 4](#), page 11 in [Wireless Anatomy](#). Stimulating the fire and water principles by polarity, in their local fields, will move the airy blockage by flowing thru [through] it.



The water principle acts in the cerebrospinal system and its fluid in the arachnoid space. Moving this is better than vertebral adjustment for pain and spasm. Nothing can be forced when tension exists in the tissues due to the air locked in the cells. See [Chart No. 1](#) in this series. This is the north and south pole polarity in the body and its zones are illustrated throughout the book, ["Wireless Anatomy"](#).

A diagram of the autonomic nervous system. The parasympathetic division is shown on the left, the sympathetic division on the right. Roman numerals refer to cranial nerves.

Note: This diagram is reproduced from Part 1, Lecture No. 1 of "Chiropractic Neurology" by kind permission of Otis J. Briggs, D.C., Ph.C., Dean and Instructor at The Indiana Chiropractic College, Indianapolis, Indiana.

Illustration Keywords: cerebrum, midbrain, hindbrain, iris, lacrimal gland, salivary gland, heart, lungs, stomach, duodenum, pancreas, adrenal, colon, urinary bladder, gonads and sex accessories, ciliary g. [ciliary ganglion], sphenopalatine g. [sphenopalatine ganglion], otic g. [otic ganglion], cervical g. [cervical ganglia], thoracic cord, lumbar cord, pelvic nerve, great

splanchnic [greater splanchnic], celiac g. [celiac ganglia, coeliac ganglia], small splanchnic, superior mesenteric g. [superior mesenteric ganglion], inferior mesenteric g. [inferior mesenteric ganglion], sacral cord, filum terminale, parasympathetic (cranio-sacral [craniosacral]), sympathetic (thoraco-lumbar [thoracolumbar]), III [oculomotor nerve, CN III], VII [facial nerve, CN VII], IX [glossopharyngeal nerve, CN IX], X [vagus nerve, pneumogastric nerve, CN X], T1, T2, T3, T4, T5, T6, T7, T8, T9, T11, T12, L1, L2, L3, L4, L5, S1, S2, S3, S4, S5

[Book 6, Chart 16 ~ Book 6, Chart 18](#)

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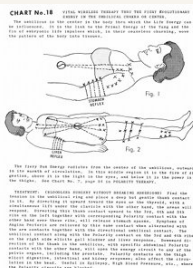
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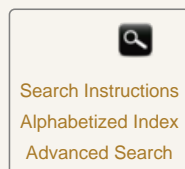
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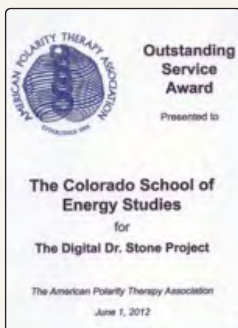
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Chart No. 18 - Vital Wireless Therapy Thru [Through] the Fiery Evolutionary Energy in the Umbilical Chakra or Center.

The umbilicus is the center in the body thru [through] which the life energy can be influenced. It is the link to the primal energy of the yang and the yin of embryonic life impulses which, in their ceaseless churning, wove the pattern of the body into tissues.

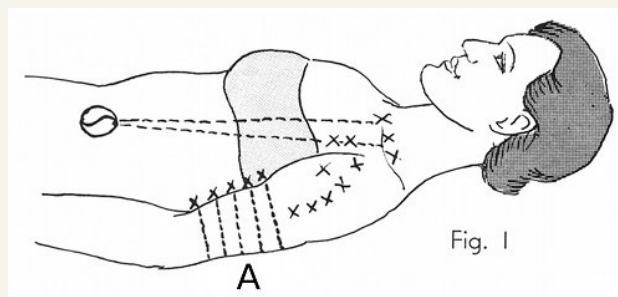


Fig. 1
(A) Stomach reflex

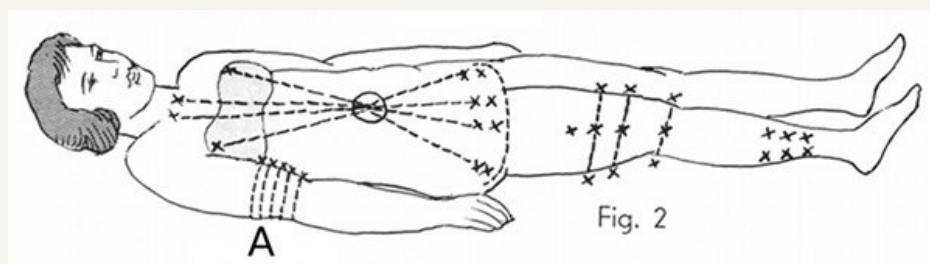


Fig. 2
(A) Liver reflex

The fiery sun energy radiates from the center of the umbilicus, outward, in its warmth of circulation. In this middle region it is the fire of digestion, above it is the light in the eyes, and below it is the power in the thighs. See [Chart No. 7](#), page 54 in *Polarity Therapy*.

Treatment: (Bloodless surgery without breaking adhesions) Find the tension in the umbilical ring and place a deep but gentle thumb contact in it. By directing it upward toward the eyes or the thyroid, with a simultaneous lift under the clavicle with the other hand, the areas will respond. Directing this thumb contact upward to the 3rd [third], 4th [fourth] and 5th [fifth] ribs on the left together with corresponding polarity contact with the other hand over these ribs, will release stomach spasms. Symptoms of angina pectoris are relieved by this same contact when alternated with the arm contacts together with the directional umbilical contact. The umbilical contact along with the polarity contact on the 3rd [third] and 4th [fourth] ribs on the right side elicits gall bladder and liver response. Downward direction of the thumb in the umbilicus, with specific abdominal polarity contacts with the other hand, will open the energy circuit to any of the pelvic organs, including the prostate. Polarity contacts on the thigh elicit digestive, intestinal and kidney response; also affect the circulation in the head. Useful in epilepsy, high blood pressure, etc., where the polarity circuits are blocked.

[Book 6, Chart 17](#) ~ [Book 6, Chart 19](#)

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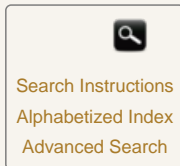
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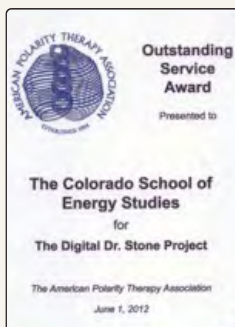
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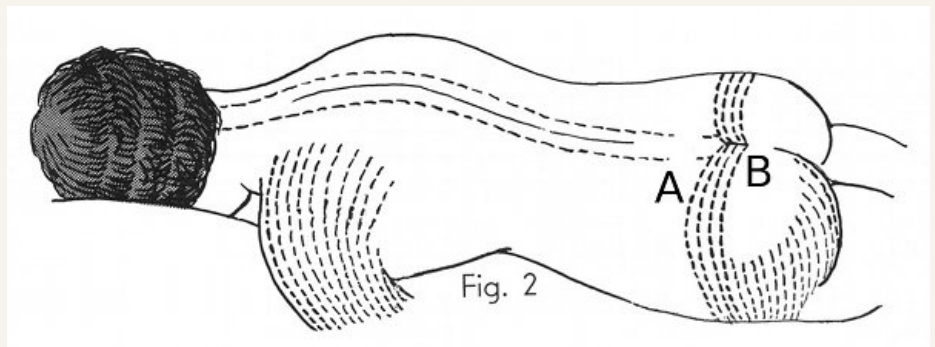
Chart No. 19 - Figure 1 - Head and Feet Polarity Relationships Figure 2 - Lumbo Sacral [Lumbosacral] Diagnosis and Treatment



The functions in the head and brain areas can be influenced thru [through] the negative pole of the feet by stimulation or heavy pressure on specific spots in the feet. The reason is that the feet are the end of the circuit or the negative pole of the embryonic energy currents which built the body. The heels correspond to the occiput - the inside to the center areas and the outside to the sides of the occiput.

That soft portion of the arch, underneath, has its reflex not only to the abdominal areas and organs but also to the brain areas which govern them. This is the path of the primal energy pattern, from above downward.

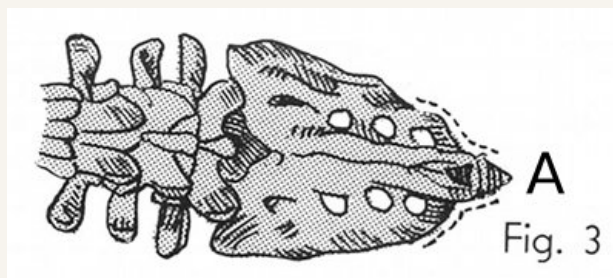
The toes have an influence on the frontal portion of the head and brain. Stubbing our toes has also a mental implication. See [Chart No. 6](#), page 43 in *Vitality Balance*.



(A) 1st sacral [First sacral, S1]

(B) Contact areas

Dots are sympathetic contact areas



Sore spots in the muscles over the transverse processes are sympathetic reflexes which can be balanced by polarity technique without adjustments

(A) Ganglion of impar

The 5th lumbar [fifth lumbar, L5] position in relation to the sacrum can be detected by sensitive fingers, bent to make an even line, as illustrated by the hand in this chart. Compare the 5th lumbar [fifth lumbar, L5] spinous process position to the 1st sacral [first sacral, S1] spine. The patient lies on a roll or cushion to bring this area upward for better observation and touch. Next, note the tenderness on the spinous process on each

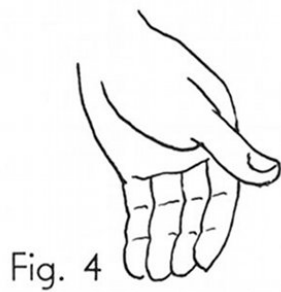


Fig. 4

side. The sorest side is the one in distress. It is usually rotated laterally, anterior and inferior on that side. Check the 5th lumbar [fifth lumbar, L5] on each side.

Treatment: First release the parasympathetic spasm as shown in [Chart 20](#) as well as [18](#) of this series for sympathetic release.

Use a perineal contact on the densest spot in that area on that side. See [Chart 8](#), page 81 in *"Energy"* for the perineal area, also [Chart 30](#), page 37 in *"Wireless Anatomy"* for details. Then make gentle contacts, posteriorly, on the sympathetic areas shown here for relaxation around the innominate [hip] rim. Also inhibit tension spots along the spine, over the transverse processes, together with polarity contacts below. Then a correction can be made with only ounces of pressure while the patient lies on the sore and inferior side. This is done with one finger on the lateral spinous process and the thumb over the gluteal muscles. See [Chart 34](#), page 41 in *"Wireless Anatomy"*

[Book 6, Chart 18](#) ~ [Book 6, Chart 20](#)

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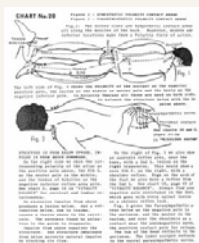
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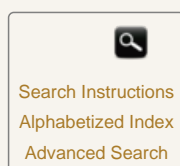
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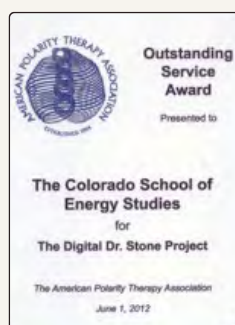
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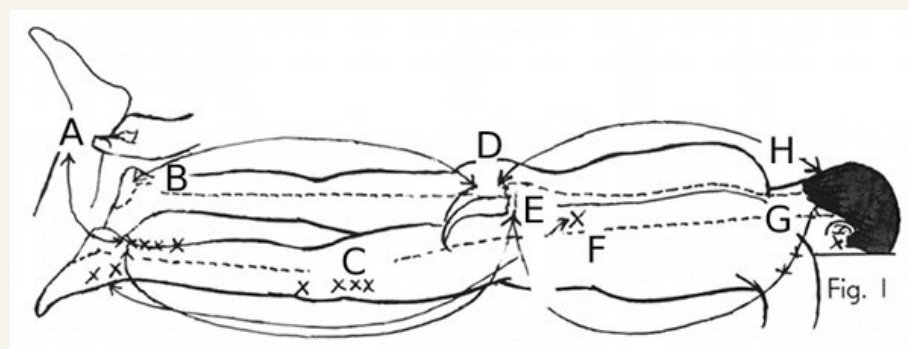


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Chart No. 20 - Figure 1 - Sympathetic Polarity Contact Areas Figure 2 - Parasympathetic Polarity Contact Areas

Fig. 1: The dotted lines are sympathetic contact areas all along the muscles of the back. Superior, middle and inferior locations make then a polarity field of action.



- | | |
|---------------------------------------|-----------------------------------|
| (A) Tendon Achilles [Achilles tendon] | (E) 5th lumbar [Fifth lumbar, L5] |
| (B) Heels | (F) 2nd L. [Second lumbar, L2] |
| (C) Append [Appendix] reflex | (G) Atlas |
| (D) Sacrum | (H) Occiput |

The left side of Fig. 1 shows the polarity of the occiput as the superior positive pole, the sacrum as the middle or neuter [neutral] pole and the heels as the negative inferior pole. In polarity therapy all three are used on both sides, to balance the structure below with the impulse above.

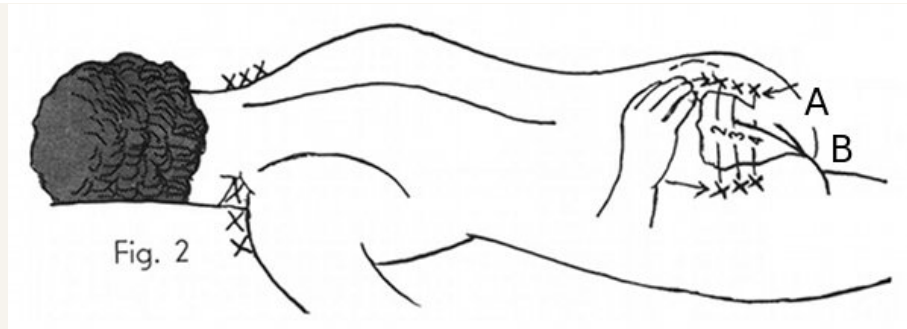
Structure is from below upward. Impulse is from above downward.

On the right side we show the corresponding polarity of the atlas as the positive pole above, the 5th L. [fifth lumbar, L5] as the neuter [neutral] pole in the middle, and the tendon of Achilles [Achilles tendon] as the negative inferior reflex area pole. See [Chart 2](#), page 15 in "Vitality Balance" for cervical and lumbar relationship.

An excessive impulse from above produces a lesion below. And a subluxation below, due to trauma, causes a lesion above in the cervicals. The soreness found by palpation is the guide to diagnosis.

Impulse from above supplies the structure. And structure imbalance from below perverts natural impulse by blocking its flow.

On the right of Fig. 1 we also show an appendix reflex area, near the knee, with a 2nd L. [second lumbar, L2] lesion on the right transverse. This would show a sore 4th C. [fourth cervical, C4] on the right, with a shoulder reflex. High on the arch of the foot we also have a reflex from the 2nd L. [second lumbar, L2] See [Chart 19](#), page 93 of "Vitality Balance". Always find your negative pole resistance in the feet, which goes with every spinal lesion as a chronic reflex lock.



(A) Parasympathetic nerves

(B) Perineal contacts

See Charts [30](#) and [31](#), pages 37-38 in *"Wireless Anatomy"*

Fig. 2 gives the parasympathetic areas below as the negative pole in the perineum, and the neuter [neutral] in the sacrum, and over the shoulders as a contact near the pneumogastric nerve [vagus nerve, CN X], the positive contact pole for release.

The top of the head reflects to the perineum. The lower occiput reflects to the sacral parasympathetic nerves.

Illustration Keywords: S2, S3, S4

[Book 6, Chart 19](#) ~ [Book 6, Chart 21](#)

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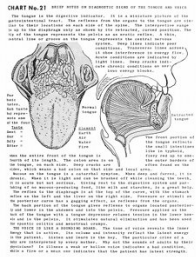
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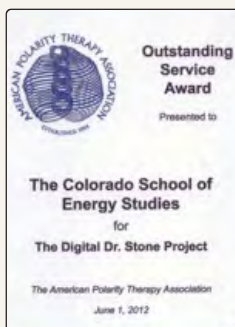
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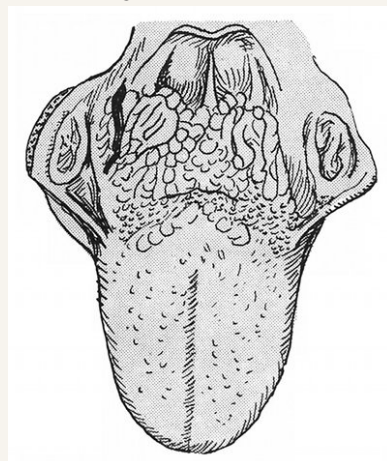
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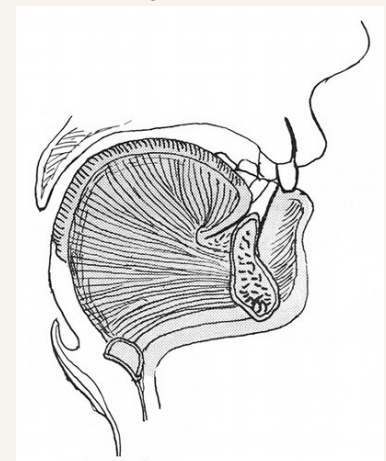
Chart No. 21 - Brief Notes on Diagnostic Signs of the Tongue and Voice

The tongue is the digestive indicator. It is a miniature picture of the gastrointestinal tract. The reflexes from the organs to the tongue are similar to their locations on each side of the spine. The interpretive range is up to the diaphragm only as shown by its retracted, curved position. The tip of the tongue represents the pelvis as an erotic reflex. A thin, central line or groove on the tongue represents the central nervous system. Deep lines indicate poor conditions. Transverse lines across it show interference in energy flow. Acute conditions are indicated by light lines. Deep cracks indicate chronic conditions as serious energy blocks.

Normal tongue



Retracted tongue



Four basic tastes. Each taste bud represents one of the four.

Taste	Element
Sweet	= Earth
Sour	= Air
Salty	= Water
Bitter	= Fire

The front portion of the tongue reflects the small intestines like in typhoid, when the entire front of the tongue is fiery red up to one-fourth of its length. The colon area is on the outer borders of the tongue, on each side. Deep cracks are often found on the sides, which means a bad colon on that side and local area.

Mucous [Mucus] on the tongue is a catarrhal symptom. When deep and furred, it is chronic. When it is light and can be brushed off while cleaning the teeth, it is acute but not serious. Giving rest to the digestive system and partaking of no mucous-producing food, like milk and starches, is a great help.

The reflex to the diaphragm is at the top of the curve, with the stomach reflex on the left and the liver on the right side. Pressure or stimuli on the posterior curve has a gagging effect, as reflexes from the organs.

The back portion of the tongue gives reflexes to organs located posteriorly and lower in the abdomen and into the pelvis. Pressure applied on the back of the tongue with a tongue depressor relaxes tension in the lower bowels and in the pelvis. It stimulates natural elimination and has been used for spastic colitis and menstrual cramps.

The voice is like a sounding board. The tone of voice reveals the inner energy that is active. Its volume and intensity reflect the latent energy in the patient. Listen and learn is the key. The particular cries of a baby are interpreted by every mother. Why not the sounds of adults by their physicians? In illness a weak or hollow voice indicates a bad condition, while a firm or a mean one indicates that the patient has latent strength.

[Book 6, Chart 20](#) ~ [Book 6, Chart 22](#)

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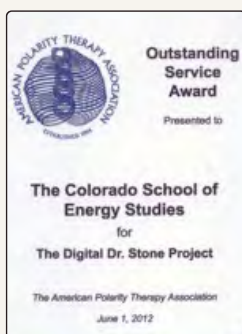
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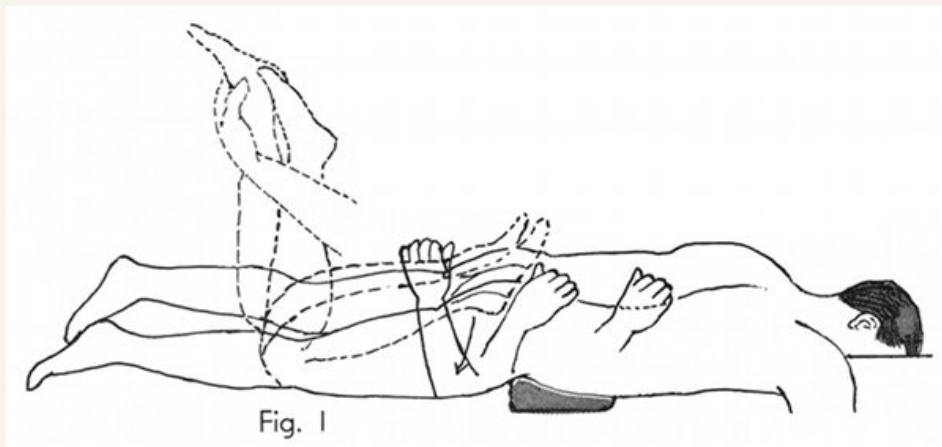


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Chart No. 22 - Figure 1 - Sacral Correction by Leg Leverage Technique Figure 2 - Thumb and Heel of Hand Contacts

With a good, soft bolster or wedge-shaped pillow under the patient to release the sacral lock and lumbar tension, a sacral correction is possible by both methods - Fig. 1 & Fig. 2. Using the legs for leverage is of great help to relax them and the pelvic muscles. It is unique for good results and saving the doctor's energy. Many combinations of contacts can be used with this leverage from the sacrum to the occiput, for sympathetic and parasympathetic tension release along both sides of the spine and over the sacrum.



The doctor stands at the side of the inferior sacral base and at the side of the curve in the spine, grasps both legs together, with one hand on the outer leg, and swings them slowly towards him. With the heel or the thumb of the other hand he supports the inferior sacrum in an upward lift and toward the opposite side, while rocking the legs toward himself and toward the patient's thigh. This is a powerful correction for the base and pelvic anteriority on the far side. The heel of the other hand can move up on that side, over all the spinal muscles, while the legs are used as a lever for release in a corrective direction.



In Fig. 2 the thumb or the heel contact of the hand is directed on the inferior sacral base, as a lifting fulcrum.

Contacts on the muscles of the inferior ilium are also used in an upward direction for sympathetic release over sore spots there. The other hand is simultaneously placed on the occiput with the sacral contact as its opposite polarity pole. Occipital stimulation releases the locked up energy impulses.

When the lower contact shifts to the lumbar region, then the cervicals are stimulated

simultaneously.

These moves can be used on either side, with skill and a little pressure, for remarkable corrections along the spine, from the base upward.

[Book 6, Chart 21](#) ~ [Book 6, Chart 23](#)

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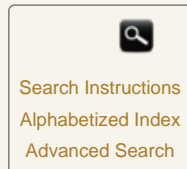
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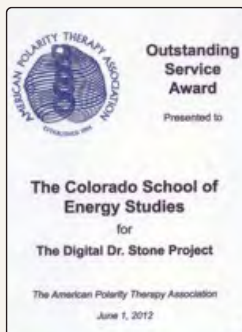
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Chart No. 23 - Figure 1 - Polarity Leverage for Specific Spinal Adjustments. Figure 2 - Foot Technique for Sciatica, Colon and Hips

The neck contact requires the pressure of one finger specifically on one cervical lamina, to release the impulse there by repeated stretching movements and rotations.



The neck is the positive pole to the negative lumbar region. This polarity relationship is illustrated in *Vitality Balance* page 15, [Chart 2](#). Stimulation above and adjustments below are carried on simultaneously. The direction of the thumb fulcrum determines the specific adjustment to be made. See "Countryside Technique" in *Wireless Anatomy*, pages 54-59 [Charts [45](#), [46](#), [47](#), [48](#), [49](#), and [50](#)]. This specific contact with leverage is the quickest correction for all lumbar inferior and posterior subluxations; also for lateral side slips. It is unique for sciatica and leg conditions.

Cervicals and lumbers are opposites on the double 'S' curve of the spine, and in direct line of leverage by the spinal muscles and gravity pull. By careful palpation on the

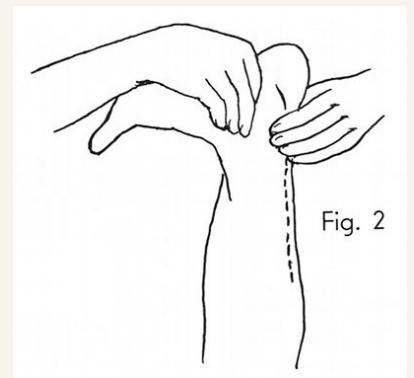
cervical laminae, the most tender area can be found on one side and traced to the corresponding lumbar lesion, and corrected.

Have the patient sit well back on a stool. Place your arm under the shoulder, on the side where you found the sorest cervical, and swing the posterior side anteriorly. The arm should fit snugly under the shoulder and the hand below the occiput, over the atlas, for a 5th L. [fifth lumbar, L5] posterior; on the axis for a 4th [fourth, L4], etc.

If the sympathetic and parasympathetic have been released first, the adjustment will happen naturally by correct position and the leverage used.

Fig. 2 - The foot is leveraged on the leg and released repeatedly with one hand while the other hand works out the energy blocks in the Achilles tendon area, up to the middle of the calf of the leg. The patient lies face-down for this correction.

The tendon Achilles [Achilles tendon] is the negative pole to the 4th lumbar [fourth lumbar, L4] and upward. The release of these energy blocks is essential in sciatica, to free the sciatic nerve impulses.



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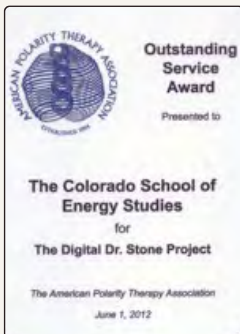
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Chart No. 24 - Food Classification According to Earth's Magnetic Strata

Only four elements are essential to all living things. Some need more of one than the other, according to type and individual requirements. These elements are: food, moisture, warmth and air.

1. Food - Earth. Vegetable life needs good soil for food in order to grow luxuriously. Man and animal life in their turn need this bounty of nature as food. Carnivorous animals and scavengers get it second-hand. In short, the earth is nature's mother. The earth is a magnetic sphere.

Foods grown under the ground and nearest to the surface on the top of the ground have more of earth's negative magnetic energy in them as well as more mineral contents in their natural form. They are heavier and more earthy in their constituents and in their magnetic electric charges as an organism. All root vegetables, tubers and herb roots belong to this category and include taro, beets, turnips, potatoes, carrots, onions, garlic and edible herb roots. The latter two have a spice-like quality which makes them more of a stimulant than a food, for they act on the oxidizing end of the digestion.

Tubers have a staying quality which satisfies hunger and are rich in minerals. Races that were found to live on them principally as their staple food had a rugged constitution like the earth and were naturally healthy. For example, the South Pacific Islanders who used the taro as their staple food; the Pomeranians of Germany in the past, who lived mostly on skimmed sour milk and plain, boiled potatoes with the skins on; also the Bulgarians who used yogurt and dark sour rye bread as a staple diet kept in good health and lived long. Doctor Metchnikoff^[1] brought this to the attention of the world and credited their vigor and longevity to the acidophilus bacilli. The Chinese used a lot of red beets and cabbage in their diet.

The earthy type of food is best suited for those with a rugged constitution, who perform hard physical labor and who have limited means. The conclusion is that the earth element sustains life in a simple way.

2. Moisture - Water. The next classification according to stratum is the food which is grown above the ground and nearest to it. This type contains the water element in abundance and is rich in filtered minerals. It consists of green vegetation and cucumbers, melons, squash, pumpkins, etc. Acid foods are to be found on this level also in tomatoes, strawberries, pineapple and rhubarb. They have their application as eliminators or purgatives. They are like a spice to salads, in combination with them.

When combining alkaline and acid juices, they should preferably be selected from the same magnetic stratum for better digestion and oxidation.

Sea foods also come under the classification of the water element. The element of water in the pumpkin seed acts on the water element in the kidneys.

This tracing back to nature and the past is according to the elements and the principle of homeopathy - "like sustains like" - rather than laboratory chemistry. The earth and all its vegetation needs moisture and its magnetic embrace of electronic current flow. Cells need moisture and so do animals and human beings.

The watery type of food is best suited for persons of a highly emotional nature, for elimination of the exhausted excessive emotional energy.

¹ Dr. Ilya or Elie Metchnikoff (1845-1916), a Russian biologist, zoologist and protozoologist

who discovered the process of phagocytosis (cells engulfing and consuming other organisms) and its role in the immune system. He also developed a theory that aging was caused by toxic bacteria in the intestines - an idea that later led to the field of probiotics.

[Book 6, Chart 23](#) ~ [Book 6, Chart 25](#)

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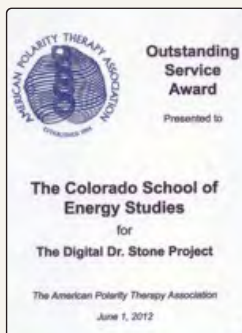
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Chart No. 25 - Food Classification According to Earth's Magnetic Strata

3. Warmth - Fire - Sun. The next stratum, a little higher above the ground, contains more of the fiery electric charge in its makeup, especially the sesame seed and the sunflower seed. This is a positive type of food. The papaya comes in on that classification as a powerful eliminator because of this fiery element and less protein without the acidity. The grape and its juice is a stimulant.

The grains and pulses or legumes are rich in protein and in starch. Included in this category are corn, wheat, rice, peas, beans, lentils, garbanzos, etc. However, millet is one grain that is rich in protein but low in starch. That is why it is recommended for diabetics.

The fiery energy in these foods is essential to man for replacing the expended energy and warmth. The fiery type of food is best suited for the vital motive type of person with a great mental and physical drive.

4. Air - Oxygen. Fruits and nuts are in the highest stratum above the ground and contain more of the airy element in their atomic construction. Air and oxygen are needed by all living beings. Oxidation is the final state of the fiery process of digestion. We breathe in oxygen and exhale carbon dioxide. This in turn is used by plant life. Volcanic eruptions help vegetation by supplying carbon dioxide to the atmosphere at intervals. Fruits are delicate, with more air space between cells than the other types of food. Citrus fruits are made up of compartments, perfectly insulated from the outside air.

Nuts are a delicate protein of a more airy nature than the grains and legumes. Because of the airy element predominating in the fruits and nuts, that type of food is best suited for the highly sensitive electric type of person, who needs much replacement of the pranic or airy element expended by his highly nervous activity. The monkeys do this by instinct. Every variety of animal has an electromagnetic charge of energy requirement according to the stratum in which they live. The same is true of human beings. Even the squirrel that lives in trees, selects only the perfect pine seeds or nuts; but man eats everything and then wonders why he is not well.

The electromagnetic charge in foods has not been thought of in our search for "Vita-amines" [vitamins] or life sustainers. Future chemistry will follow the atomic procedure of measured energy charges which make up the seeming solids.

Another source of prana or life element is found in seeds which contain the power of growth or latent energy expansion. When these are ground and put in distilled water over night, the water will leach out much of this energy and become a sustaining and invigorating drink for persons with impaired digestion or a nervous, rundown condition where solid foods and even juices are not properly digested and oxidized. This method of extracting the essence can be used for nuts, grains and fruits which are rich in minerals, like figs, raisins, etc., in cases where the minerals and natural life element in them are needed but the solid food cannot be digested. This drink is easily absorbed and is not so concentrated or as highly acid as juices extracted direct from the fruit.

Straight carrot juice should be taken most sparingly because carotene has an affinity for the liver and when taken as pure juice, the carotene piles up, causing symptoms of jaundice.

Each individual should select the foods that he can best digest and utilize. That is the most important point in all diets and food selection.

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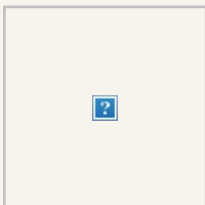
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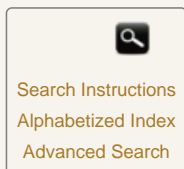
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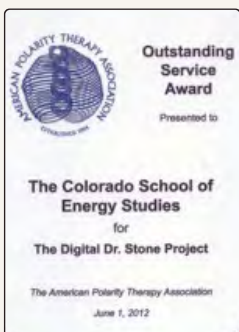
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Polarity Therapy Volume 2, Enquiry Into the Gross Body

Chart No. 1 - Polarity Therapy Principles of the 5 [Five] Elements of Matter and Their Energy Flow and Blending as Functions in the Body

This gross body, I cannot be. Why? I am seeing it. It is an object for my sight. I am the seer. It is separate and I am separate.

The Five Great Elements



This gross body is not mine. Why? It belongs to the five great elements. It is a product of the pentamirus combination of the five elements. It cannot be mine. Why? Look. These represent the five elements.

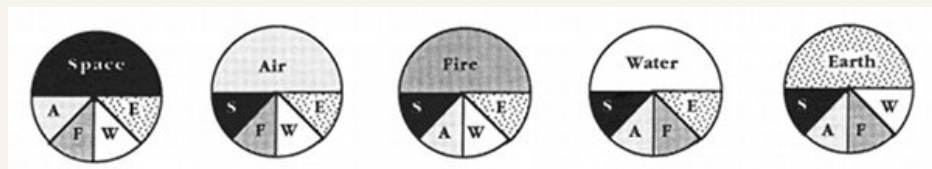
Every element is divided into two halves. One half remains unchanged. The other half is further divided into four equal parts making each equal to 1/8 [one eighth] of the original. Thus each is now found as five parts.

Pentamirus Divisions



With the unchanged half of each element, 1/8 [one eighth] part of each of the other four elements are combined, thus making a size as whole as the original element. But each now contains all the elements but one only predominates. Thus in this pentamirus combination, twenty-five factors are manifested. How?

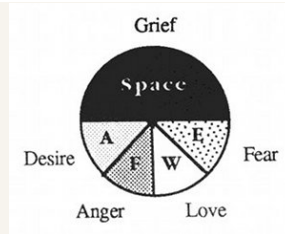
Five Fold Combination



Thus in this five fold combination twenty-five factors are manifested. How?

The Products of the Five Fold Combination of Sky

Grief, desire, anger, (love or) attachment, fear.
Grief is the principal quality of space, a feeling of nothingness.
Desire is produced by the combination of wind with space.
Anger is produced by the combination of fire with space.
Attachment or love is produced by the combination of water



with space.

Fear is produced by the combination of earth with space

I am not these: grief, desire, anger, attachment or fear. I am seeing them. I am the seer. They are not mine, they belong to the various elements noted as above. I should not claim these as mine.

Illustration Keywords: space, air, fire, water, earth

[Book 6, Chart 24](#) ~ [EltGB, Chart 2](#)

[American Polarity Therapy Association](#)

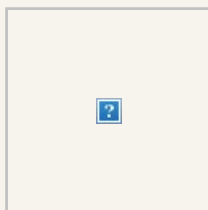
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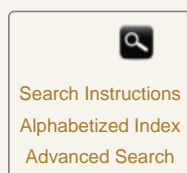
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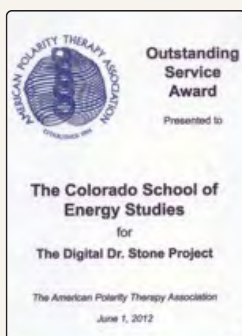
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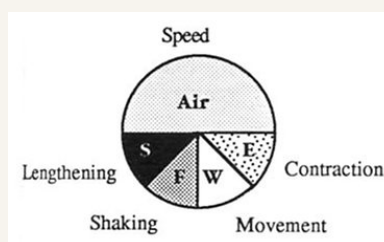
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Polarity Therapy Volume 2, Enquiry Into the Gross Body

Chart No. 2



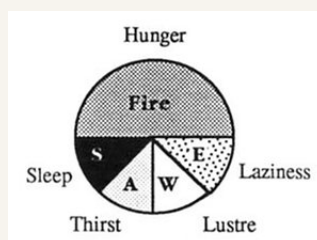
The Products of the Five Fold Combination of Wind

Speed, lengthening, shaking, moving, contracting.
Speed is the main quality of wind.
Lengthening is produced by the combination of
space with wind.
Shaking is produced by the combination of fire with
wind.
Movement is produced by the combination of water

with wind.

Contraction is produced by the combination of earth with wind.

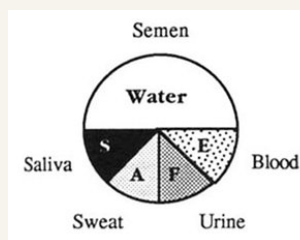
Speed, lengthening, shaking, moving, contracting, I am not. I am seeing these. I am the seer.
They are objects for my observation. They are not mine. They belong to the elements noted
above.



The Products of the Five Fold Combination of Fire

Hunger, sleep, thirst, lustre [luster], laziness.
Hunger is the main quality of fire.
Sleep is produced by the combination of space with fire.
Thirst is produced by the combination of wind with fire.
Lustre [Luster] is produced by the combination of water
with fire.
Laziness is produced by the combination of earth with fire.
Hunger, sleep, thirst, lustre [luster], and laziness, I am not.

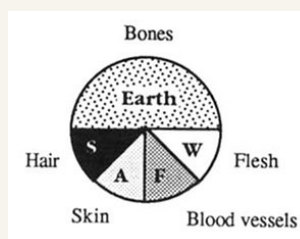
These are objects and I am able see. They are not mine. They belong to the elements noted
above.



The Products of the Five Fold Combination of Water

Saliva, sweat, urine, semen, blood.
Saliva is produced by the combination of space with water.
Sweat is produced by the combination of wind with water.
Urine is produced by the combination of fire with water.
Semen is the main quality of water.
Blood is produced by the combination of earth with water.
Saliva, sweat, urine, semen, and blood, I am not. These are
objects I am able to see. These do not belong to me. They

are products of the elements.



The Products of the Five Fold Combination of Earth

Hair, skin, blood vessels, flesh and bones.
Hair is produced by the combination of space with earth.
Skin is produced by the combination of wind with earth.
Blood vessels are produced by the combination of fire with
earth.
Flesh is produced by the combination of water with earth.
Bones are the main products of earth.
Hair, skin, blood vessels, flesh, and bones, I am not. I am
able to see them. They are objects for my perception. They are not mine. They belong to the

five elements. They cannot be mine.
I am not these. They are not mine. I am the seer. Witness.

Illustration Keywords: space, air, fire, water, earth

[EltGB, Chart 1](#)

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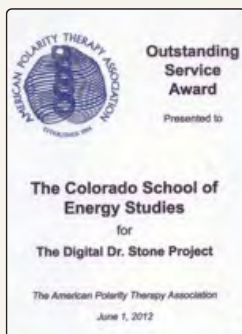
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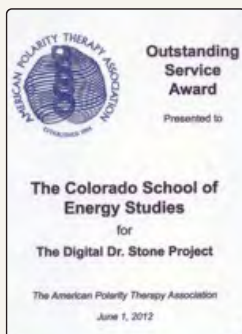
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Part II

Easy Stretching Postures for Vitality and Beauty

Based on the natural position of the body during
the period of gestation for most favorable results in
maintaining and repairing the *energy current flow* -
the primal factor in health and beauty

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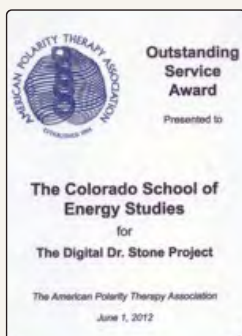
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Chart No. 1: The Caduceus

[See [Book 1, Chart 1](#)]

The wings of the Caduceus represent the two hemispheres of the brain. The knob in the center is the pineal body. The upright staff is the path of the finer energy which produced the center portion of the brain, noted by the rings and the spinal cord below it. This is the Tree of Life of the ancients.

The two serpents represent the Mind Principle in its dual aspect. The fiery breath of the Sun is the positive pole as the vital energy on the right side of the body. It was called 'Yang' by the Chinese, and 'Pingala' by the Hindus. On the left side of the body flows the cooling energy of the Moon essence of Nature. This was called 'Yin' by the Chinese, and the 'Ida' [irda] current in India.

These two currents cross over in each oval cavity of the body and change their polarity. Thus they flow in and out of each other constantly and produce alternating currents in their action. Positive and negative is their nature -- the 'yea' and the 'nay'.

The last open loop and that lower part of the staff is the Cauda Equina, the 'Tree of Knowledge of Good and Evil'. It is situated at the end of the spinal cord proper, below the second lumbar vertebra.

The staff in the center portrays the hearth fire and the chimney, down which 'Santa Claus' descends and through which he returns to the Fountain of Energy above, after having distributed or deposited the gifts from the Source. Those who can understand this will realize that it is the secret of the stepped-down Sound Current of Spiritual Energy also known as "THE WORD" from higher regions, lost in matter and physical generation.

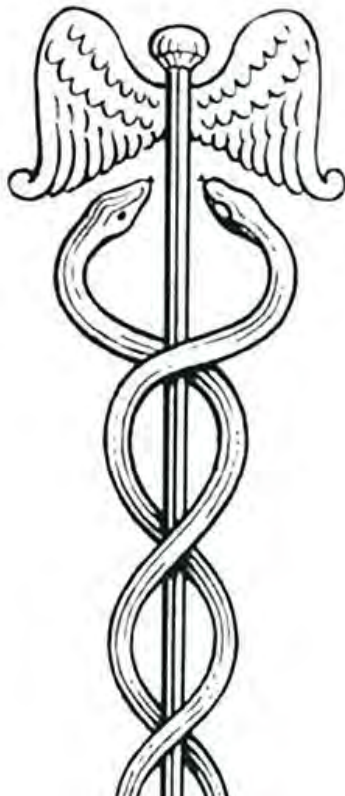
The serpent was chosen as the symbol of Mind Energy and Wisdom through experience in the Center of Consciousness where the downward and upward currents meet in the center between the eyes. This center is called 'Tisra Til' in India. It is the point from which man can direct his energies upward for his spiritual benefit, or downward for physical and material expenditure. It illustrates the exchange of energy flow between man's brain center and the Universal Energy; between man's mind and the Universal Mind and emotional energy waves manifesting as sun spots, as storms and upheavals in Nature.

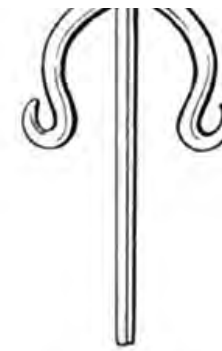
Mind Energy is described in Genesis as the ONE RIVER which splits into four rivers. These are rivers of LIVING ENERGY CURRENTS which are stepped down into four primary POLARIZED pattern substances of an atomic fineness, which are the essentials of life to everything that breathes, moves and lives on earth. Vegetation, insects, animals and human beings need this substance and energy in order to survive and live. That is why man is

CHART No. 1

The Egyptian Caduceus
or the Staff of Hermes
The Insignia of the Ancient Physicians

The Caduceus





Two types of Caduceus are given here. Different countries had their own design of this same mystery of Energy Current flow in the human body and in Nature. The description of the "TREE OF LIFE" and of the "TREE OF KNOWLEDGE OF GOOD AND EVIL" in our Bible had a similar meaning hidden in its symbolism, where Life and Knowledge were closely interwoven for good and bad or positive and negative effects in the life of every being.

All these cryptic designs bear a hidden message to thinkers, of ENERGY PATTERNS in man's make-up so he can better understand himself and his dual and complex pattern design and thinking process. By knowing them, man can work from the center out and regulate the currents of thoughts and feelings through intelligent direction and knowledge rather than being tossed around by every temporary impulse and reaction. "MAN KNOW THYSELF" is the admonition contained in the symbolism of the Sphinx and of the Staff of Hermes.



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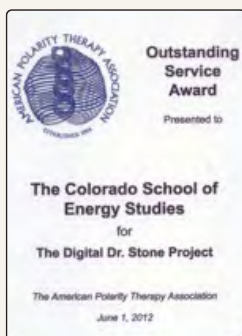
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Chart No. 2: Placing the Staff of Hermes in the Body

[See [Book 1, Chart 2](#)]

(Further illustrated in charts 1 to 12 in "THE WIRELESS ANATOMY OF
MAN") [Charts No. [1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#), [9](#), [10](#), [11](#), [12](#)]

The whole symbolism illustrates the simple fact that through the breath we are linked to the Universe outside. The right nostril attracts a positive breath and connects it with the brain and the nervous system of man. It expresses the 'yes' idea, and the driving force of the mind in the body. It combines the fire of life and the air principle as its activator to mind function. The left nostril attracts and links the airy breath into the negative mind function as the 'nay' pole of the mind and the resisting principle in it.

The central staff is the fiery essence of the mind energy itself, as a neuter pole which breathes or operates as this dual expression of 'yes' and 'no' in the fields of opposites. It is the Kundalini force as a fine etheric energy in the center of the pia mater in the spinal cord. This current descends to the sacrum, and goes to sleep there in the generative function. It is pictured as a serpent coiled, which gives the driving force to man and to beast alike. (Illustrated in [chart No. 11](#) in "THE WIRELESS ANATOMY OF MAN") Below the second lumbar vertebra [L2], where the spinal cord ends, it becomes the 'Tree of Knowledge of Good and Evil'.

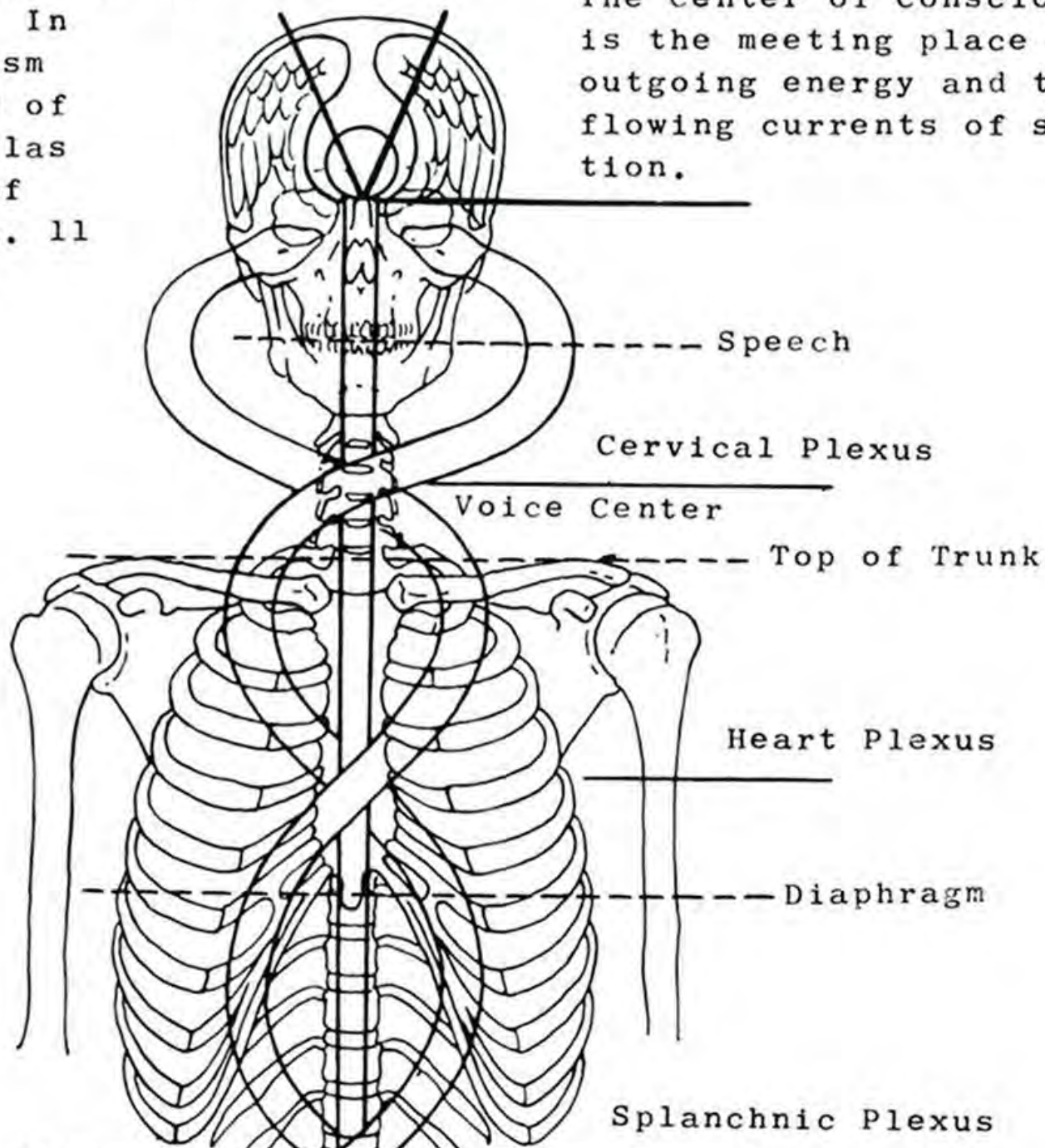
The Cauda Equina is the continuation of the nerves out of the end of the spinal cord. Here the tree of life, the central axis from the top of the head downward, branches out into multiplicity and generation. Now the One Light of Intelligence goes to sleep in matter and becomes a driving force of motion for expression in generative activity. The self (ego) and force have the upper hand in this field of action when not controlled by the guiding intelligence of the Tree of Life above. This makes the Tree of Knowledge of Good (above) and Evil (self, ego, etc. below). Truly, the serpent power of the mind has descended the Tree of Life and entered into competitive creation and generation in the field of matter.

This is the story in brief, told in the Bible, of the mind energy descending into matter and how it operates the physical body by its dual currents which are the four finer essences of Nature: the Yod-He (Father-Mother) Vau-He (Son-Daughter) principles on earth. These are expressed as four polarized rivers out of the One River of Mind Essence. The Fire, Air, Water and Earth are its four fields of operation in the substance of the cosmos and in man. By it must man live, breathe, move and have his being on earth. Only Soul Realization and God Realization can transcend this necessity in all creation.

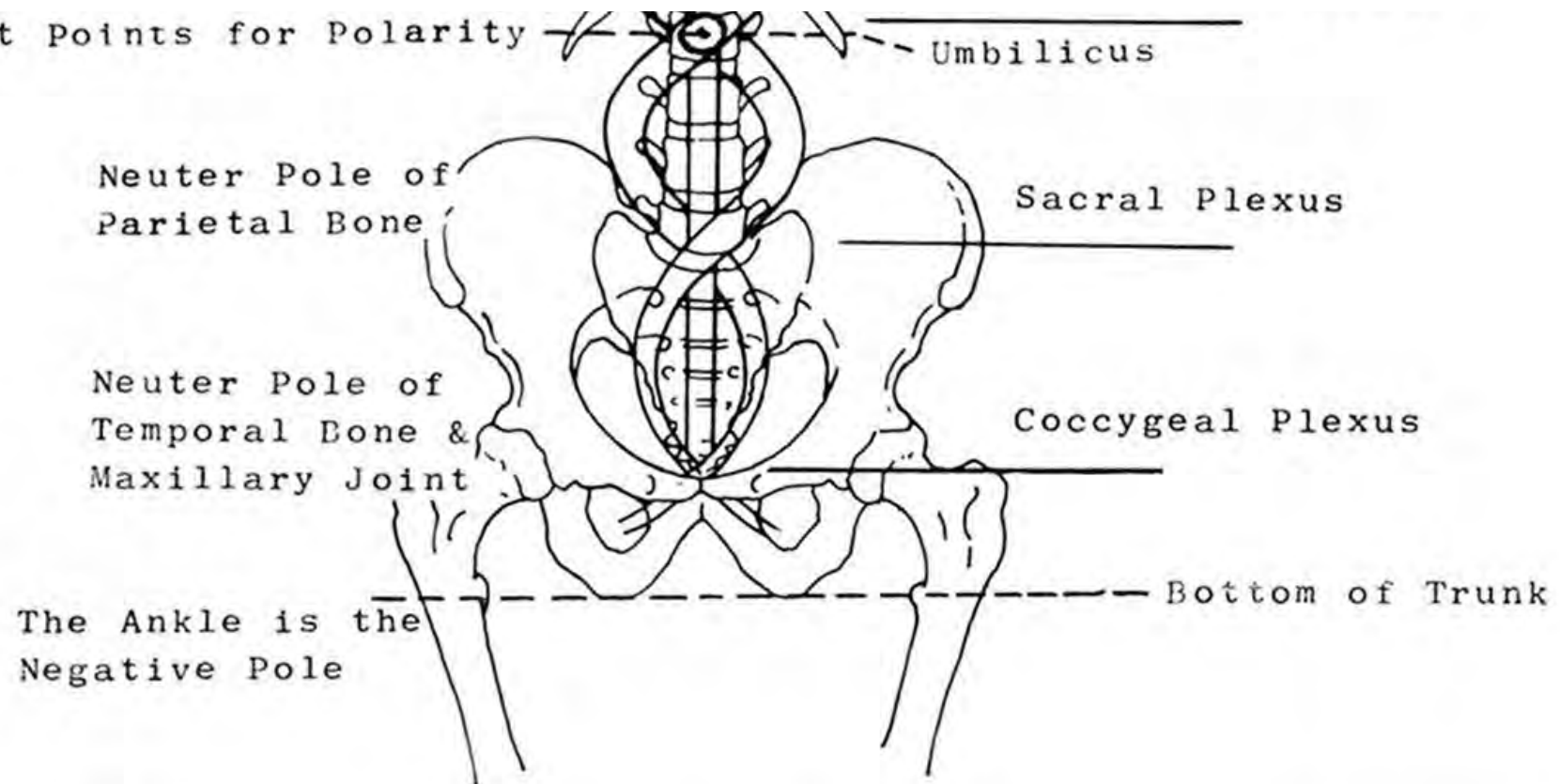
The superior triangle to the top of the head is the location of Spiritual Faculties. In ancient Greek symbolism this area in the head of Zeus was given to Pallas Athene, the goddess of Wisdom. See chart No. 11 in Book 2, "WIRELESS ANATOMY OF MAN".

CHART No. 2

The Center of Consciousness is the meeting place of the outgoing energy and the inflowing currents of sensation.



Contact Points for Polarity



The Caduceus, superimposed on the skeleton, illustrates the five stages of stepped-down Mind Energy as WIRELESS Primal Energy Currents which built the body in embryonic life according to definite creative patterns.

The Source is in the head, in the center of consciousness. These two currents cross over in each oval and create a center of function and attraction of ENERGY CURRENTS from the Cosmos and between units.



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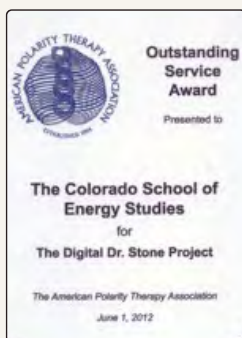
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Chart No. 3: The Three Modes of Motion of Mind and Matter

[See [Book 1, Chart 3](#)]

In [Chart No. 5](#) the child is doubled up in the womb and the lines of force weave according to a definite pattern. The head is at the top of the circle **EVEN THOUGH IT REVOLVES AND THUS CHANGES ITS LOCATION. THE PATTERN MOVES WITH IT**, AS IT IS WITHIN THE SEED, and works outward.

One more thing I would like to make clear about external influences. Astrology and the Zodiac: All this relates to these same four elements and is a part of us; therefore, also outside of us. **BUT IT IS THIS PORTION WITHIN US THAT WE RULE**, which is most important to each and everyone of us.

Every almanac gives a picture of man related to the Zodiac, the stars and the four seasons. Can we read and understand that lost art which pertains to our being? It is very simple: Physical creation is made out of four elements; namely, Fire, Air, Water and Earth. Each element, like any stick, has two ends and a middle; a neutral or central pole, a positive pole and a negative pole, as illustrated in [Chart No.3](#).

The secret to learn here is for man's consciousness to remain still in the CENTER OF BEING, in its eternal Essence. Then things will right themselves. The Holy Bible states this in simple terms: "Be still, and know that I am God:" (Psalm 46:10).

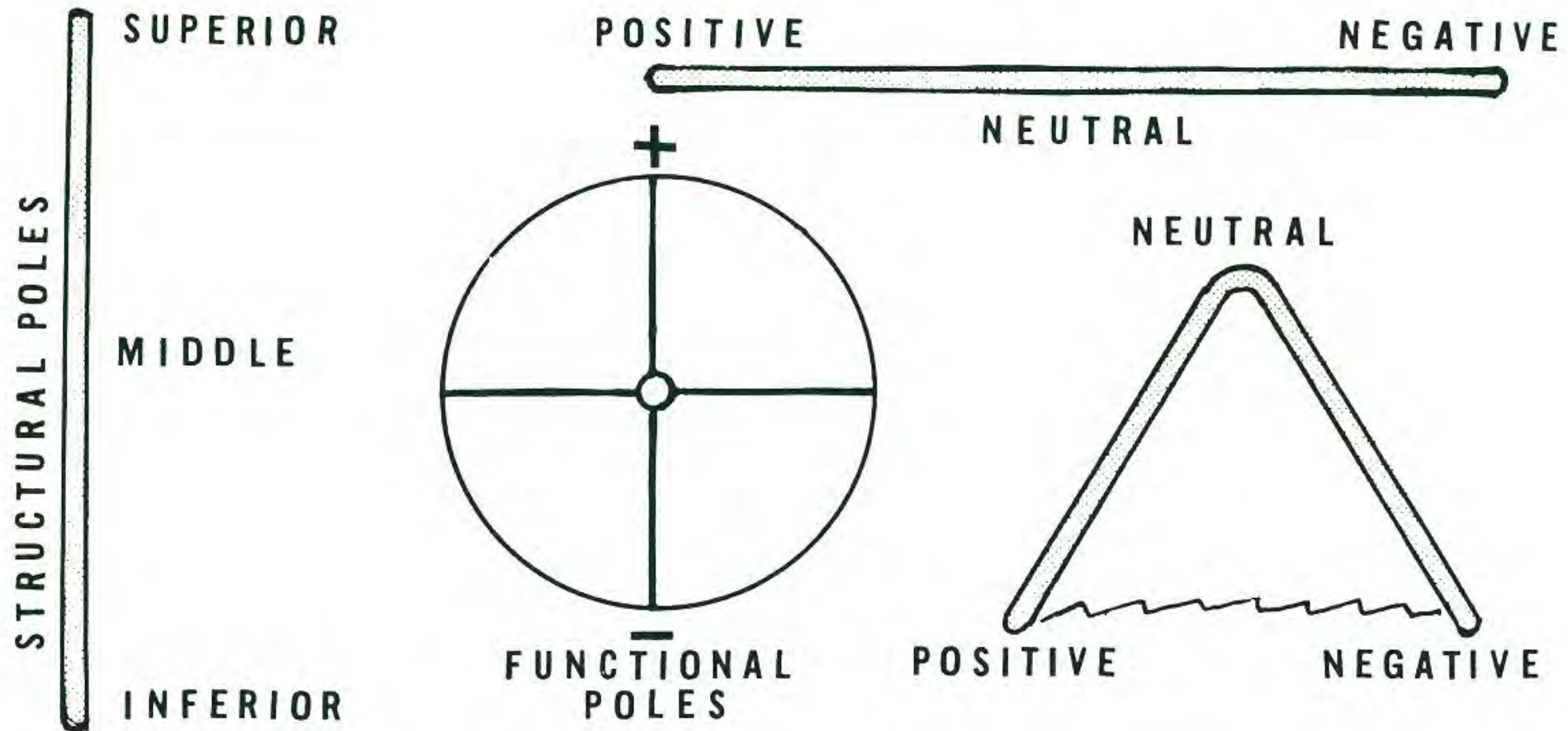
The whole body recuperates when life's Central Energy is permitted to flow naturally, without interference by our own mind's desires, etc. Faith, based upon this understanding, holds the mind in check and tunes it into the field of Power and Reality. All things are possible to such a belief of REALITY within us.

Paracelsus ^[1], the great alchemist, observed this also when he stated that man is ill because he is never still. He said there was great healing in the quiet depths of space, but man never tuned into it by being quiet himself!

¹ Paracelsus, born Philippus Aureolus Theophrastus Bombastus von Hohenheim (1493-1541), a German-Swiss doctor, alchemist, botanist, astrologist and occultist.

CHART Nº 3

THE THREE MODES OF MOTION OF MIND AND MATTER



The Tree of Life has the brain as the roots, and the nervous system as the trunk and branches. There are three main divisions in its function. They are the Cerebrospinal, the Sympathetic and the Parasympathetic Systems. These must co-operate and flow into and out of each other, as does all energy that has POLARITY.

In the Tree of Life of the Circulation of the Blood, we have the Arterial Circulation as the positive pole, the Venous Circulation as the negative pole, and the renewal of the blood by oxidation, through the Lungs as the neuter pole, the Preserver, the Keeper, the Balancer and Restorer, like the Sympathetic System.

Let us take a stick for example, as illustrated above. Now, let us bend this stick. As a result we have a triangle, where the two ends unite by energy currents and close it. So the four elements of Fire, Air, Water and Earth, in their three-fold action of positive, neuter and negative, become three times four, and equal twelve signs or functioning principles of these elements in the body, according to the signs of the Zodiac, as illustrated in the next chapter.

All this is based upon the lines of force, like threads, which wove this body of ours in the mother's womb. Our relation, as beings in the Universe, is similar to the embryo's relation (in the womb) to the body of the mother. THE SAME LINES OF FORCE ARE AT WORK IN AN INDIVIDUALIZED WAY, THROUGHOUT LIFE ON THIS EARTH.

Energy travels in a circuit, from center to circumference and back to its source or neuter center. Let us see how this works out and forms a Zodiac or circle. (Chart No. 4 in this book)

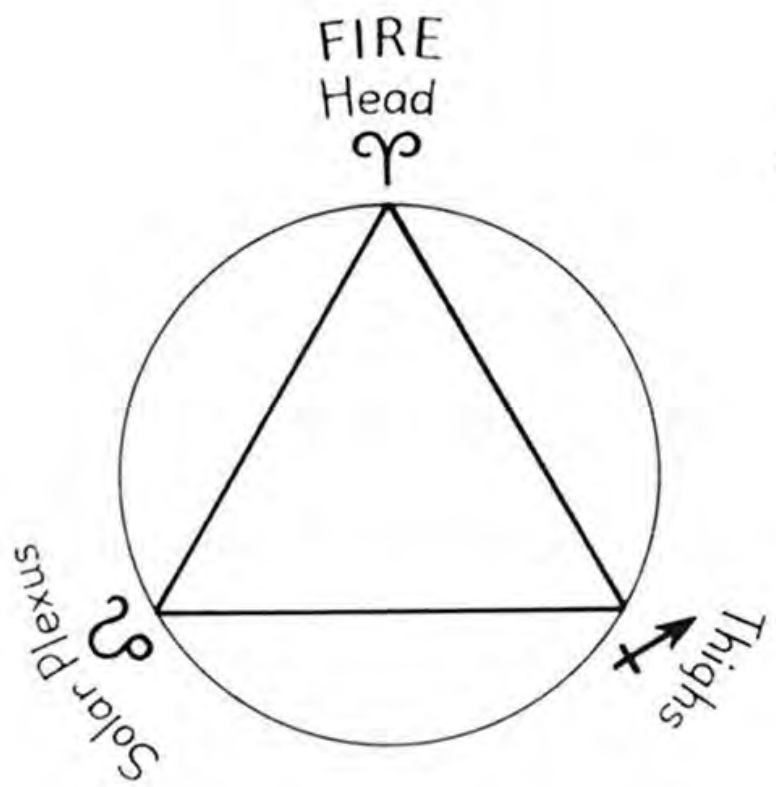
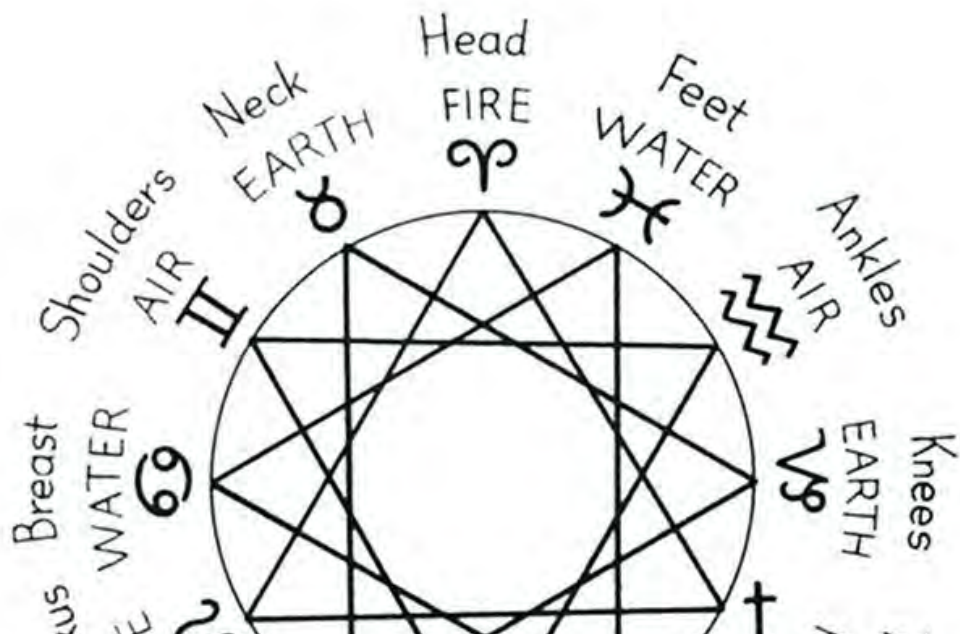
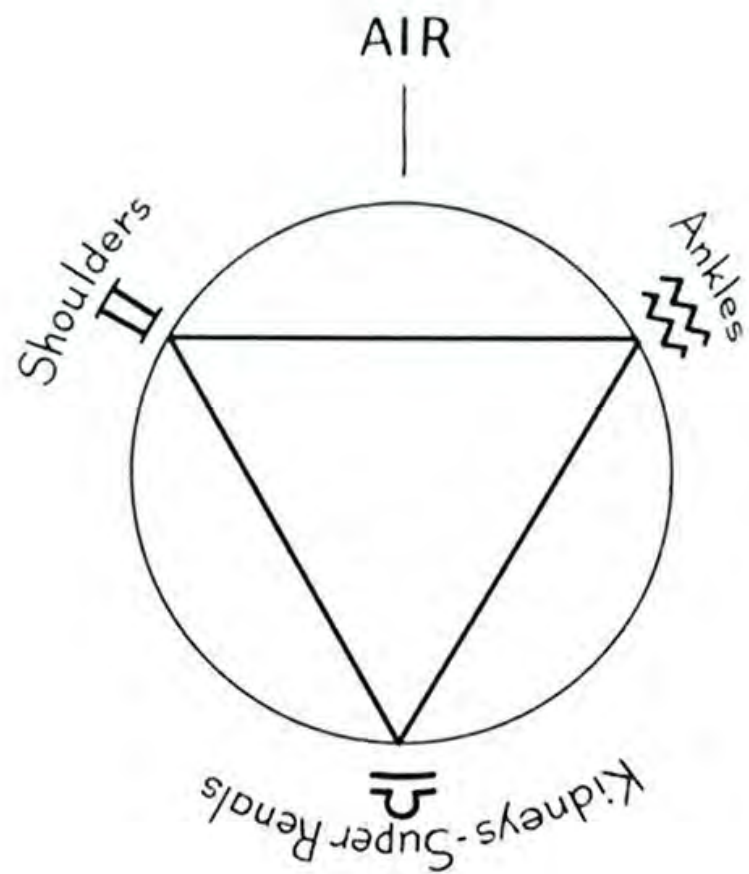
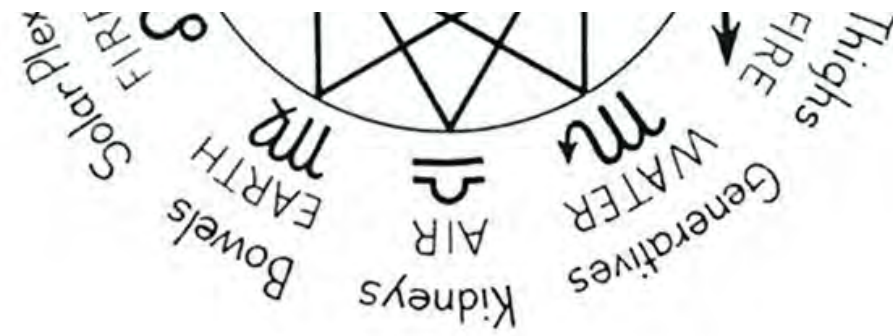
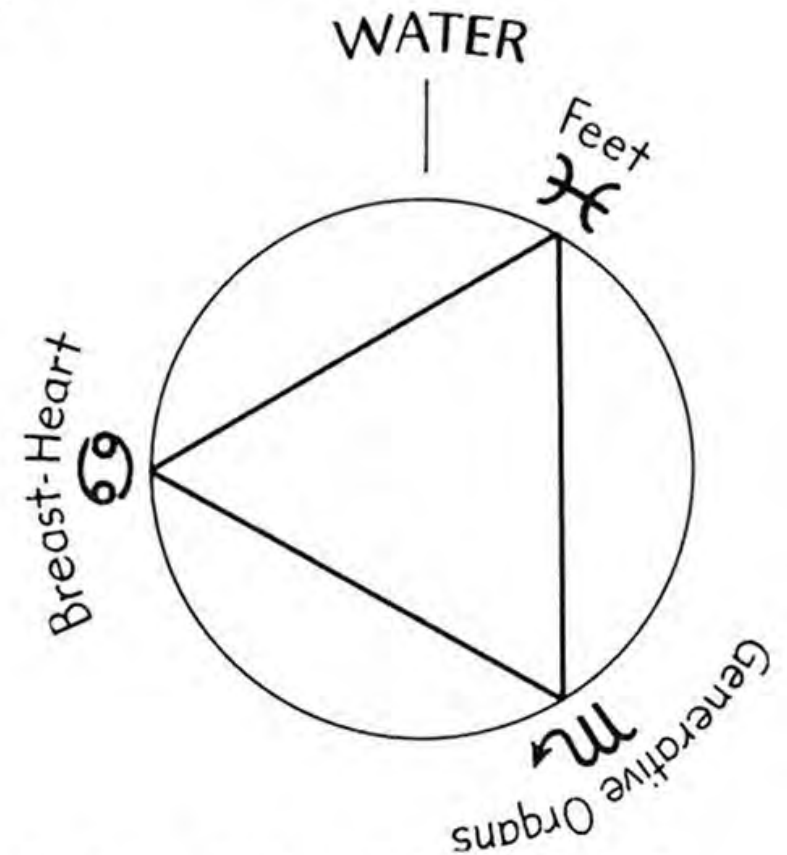
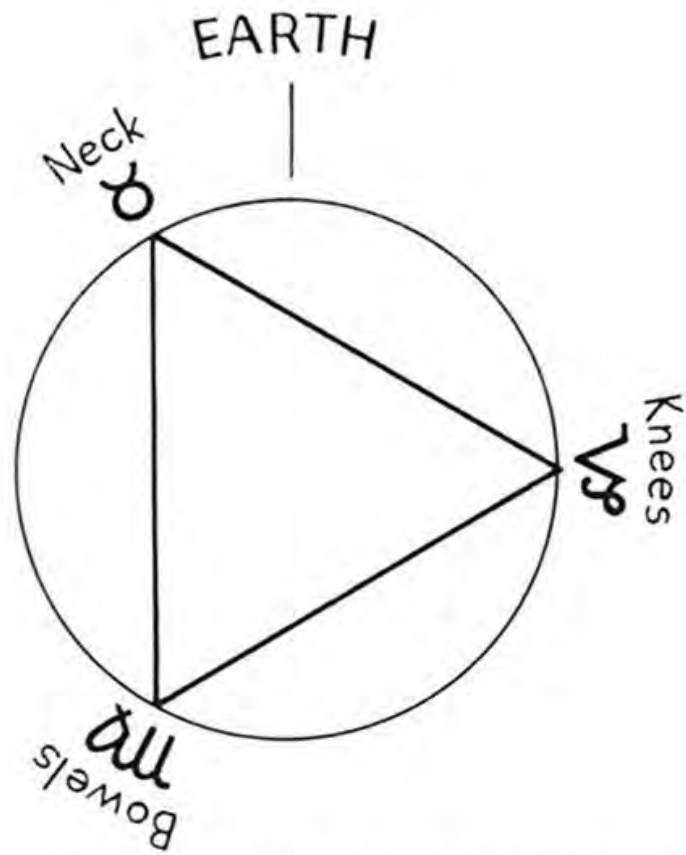


CHART No. 4





PRINCIPLES OF CORRESPONDING ENERGY LINES IN THE BODY, BASED ON THE FOUR ELEMENTS, THEIR TRIAD NATURE IN FUNCTION, WEAVING THE FORM IN THE MOTHER'S WOMB. THESE ENERGY LINES ARE PATTERN LINES AND CANNOT BE SEEN.



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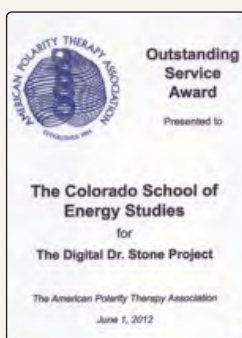
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The Four Elements Make the Zodiac in the Body

[See [Book 1, Chart 4](#) and [Book 1, Chart 5](#)]

1. FIRE ELEMENT

The first principle is the Fire element, the area of the head, and corresponds to Aries, the Ram's Horns or Energy, butting through.

The next pole of this principle falls on the upper part of the abdomen, and represents the fire principle in the solar plexus and the splanchnic [intestinal] plexus, using this in digestion and assimilation, and corresponds to Leo, the Lion, the rebuilder of Energy and Strength.

The negative pole of the fire element falls on the thighs, represented by Sagittarius, the Archer, that flies like an arrow. This propels the body in motion and movement in space, and speed due to energy.

Therefore, this fire element is the first requirement. Nature starts its thread of weaving the body in the womb, along the notochord. This is the basis of the Cerebrospinal Nervous System, and the pathway of Consciousness or Soul power of Being, expressed through mind energy flow, sensation and individual motion. The solar plexus has been called the second abdominal brain by the noted Dr. Byron Robinson. It is the center of emotions and of the Autonomic Nervous System.

2. AIR ELEMENT

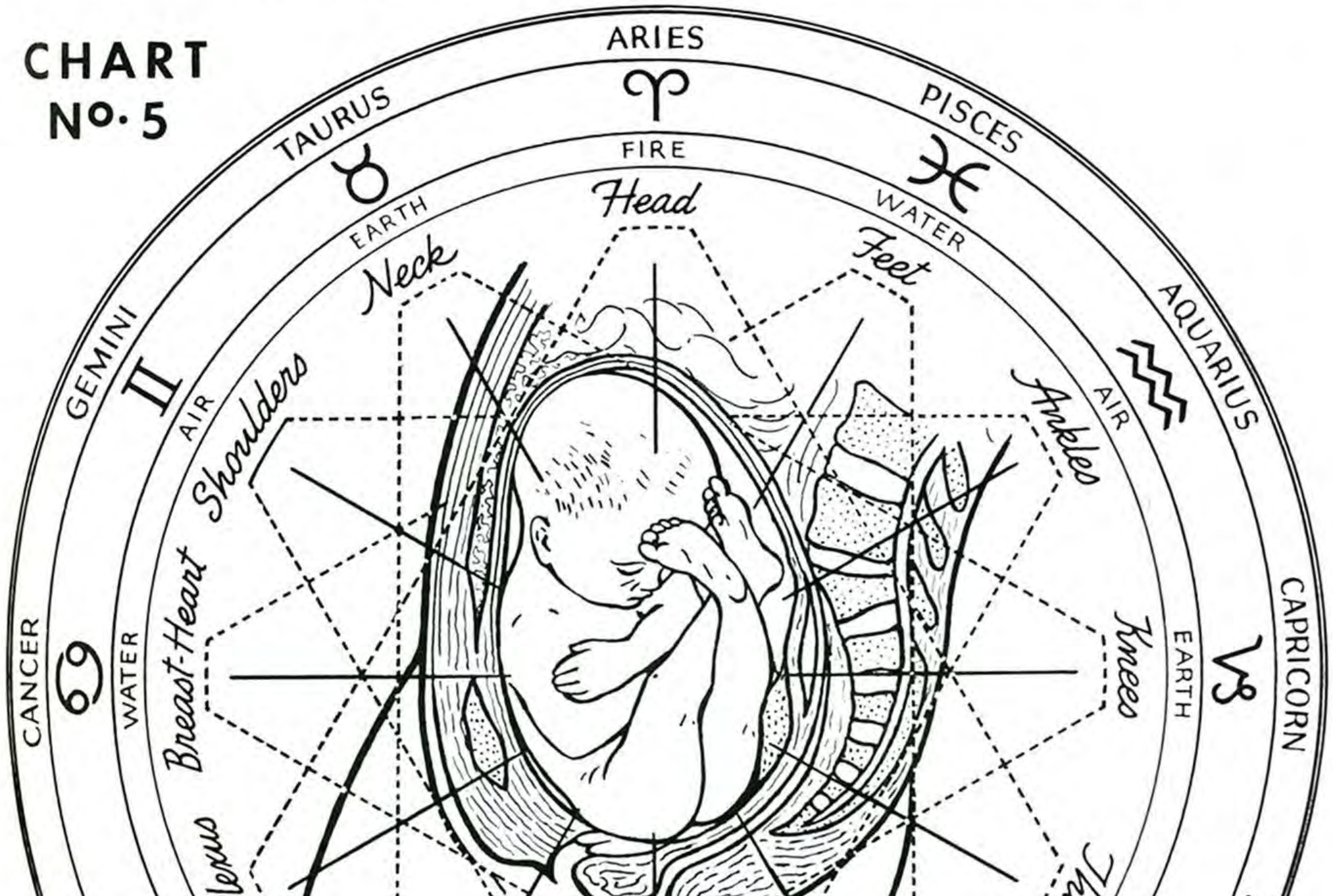
The next triangle is the principle of Air, the respiratory and circulatory system. Strange as it may seem, the head or neutral point of this triad is opposite in the circle to that of the Fire triad. Its center is in Libra, the Great Balancer, the Scales, given to the functions of the internal secretions of the ductless glands, the suprarenals, and the external elimination of the kidneys. It is a balance between the Air and the Water principles, and stimulates the Fire principle in its action. The chest contains this dual function of respiration and oxidation of the blood stream.

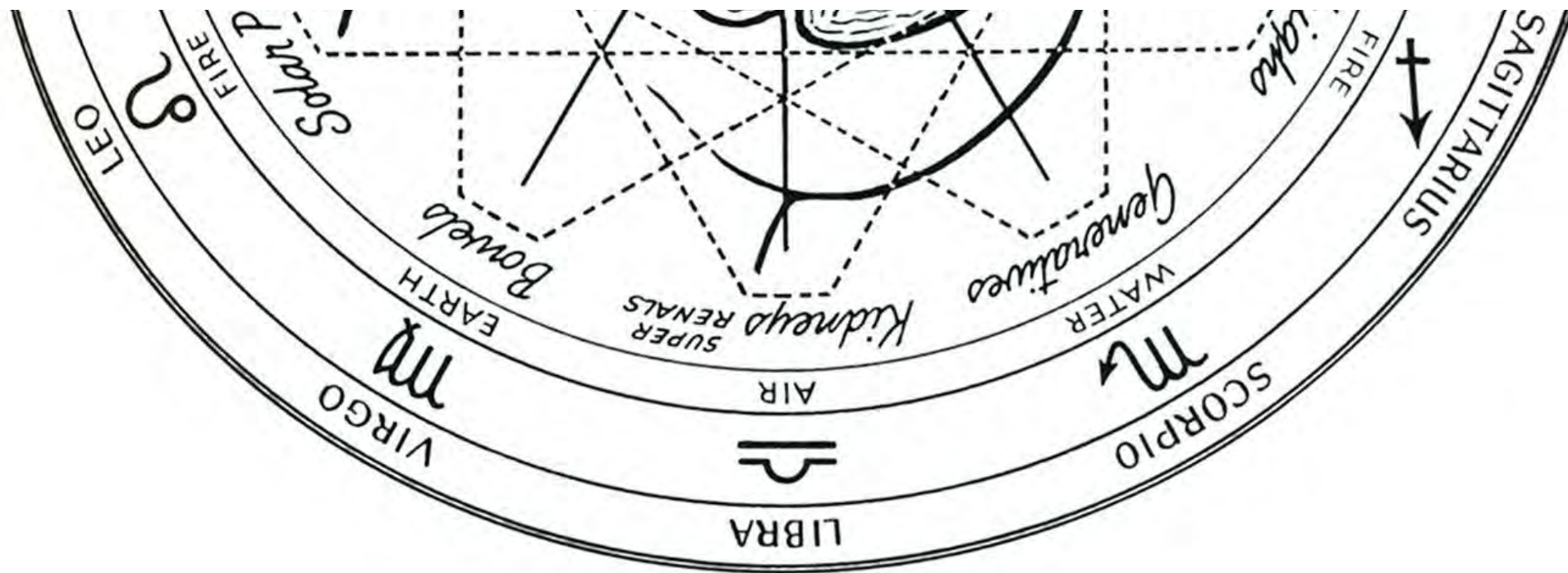
A line drawn upward in the circle, places the positive pole in the chest - the astrological sign of Gemini - the Twins (the twin functions of the two arms).

A line drawn downward, places the negative pole at Aquarius, the Waterman, symbolized by the ankles, in the lower triad of the body - as expression of motion, through the air principle.

THE EMBRYO (FETUS) IN THE MOTHER'S WOMB, WOVEN BY THE ENERGY
LINES OF THE FOUR ELEMENTS IN THEIR THREE-FOLD ACTION.

CHART No. 5





The position of the child in the mother's womb is the natural squatting posture of man, where all energy currents can flow freely to produce a perfect human body, and for maintaining good health after birth and throughout life in this world. (Please refer to my book, "EASY STRETCHING POSTURES FOR VITALITY AND BEAUTY". This is the origin of it and here is the reason for its fine results as a NATURAL HEALTH EXERCISE.)



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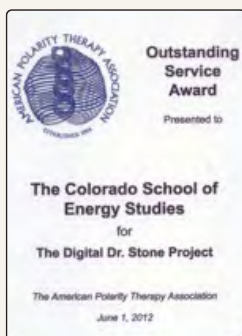
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Chart No. 6: Anterior View of Gravity Lines and Contact Points to Balance Impounded Stress and Strain on Muscles and Viscera

[See [Book 1, Chart 6](#)]

(1) The brain and the nervous system are the conductors of the Mind principle in action. Like the air, it is present everywhere, in every cell of the body. It is an airy nothing which gives direction from within outward to lines of force and action. By invisible wireless impulses, mind produces the primary cause of motion. By stepped down energy currents it flows through the switchboard of the delicate brain mechanism, over the entire nervous system, for selective and specific function.

(2) The Fire Principle is present in the light of the eyes as its positive pole, to give external direction for the internal impulses of cellular action through muscular motion.

(3) The neck represents the Etheric field, or plane of Akash [akasha, aakaasha] in eastern terminology. It is a link between the mind and the body as a cross road of currents from above downward, and reflexes from below upward. Its reflex action is clearly expressed by the term: "Sticking the neck out."

(4) The chest cavity is the oval field or Tattwa [tattva] for the action of the Neuter [neutral] pole of the Air principle as the respiratory system.

(5) The heart, as the center of circulation, is also an oval field in the chest. The warmth of the fire of the sun as its motivating impulse, as in the blood stream. The Neuter [neutral] pole of the airy essence is its oxidizing principle, active in every cell of the healthy body.

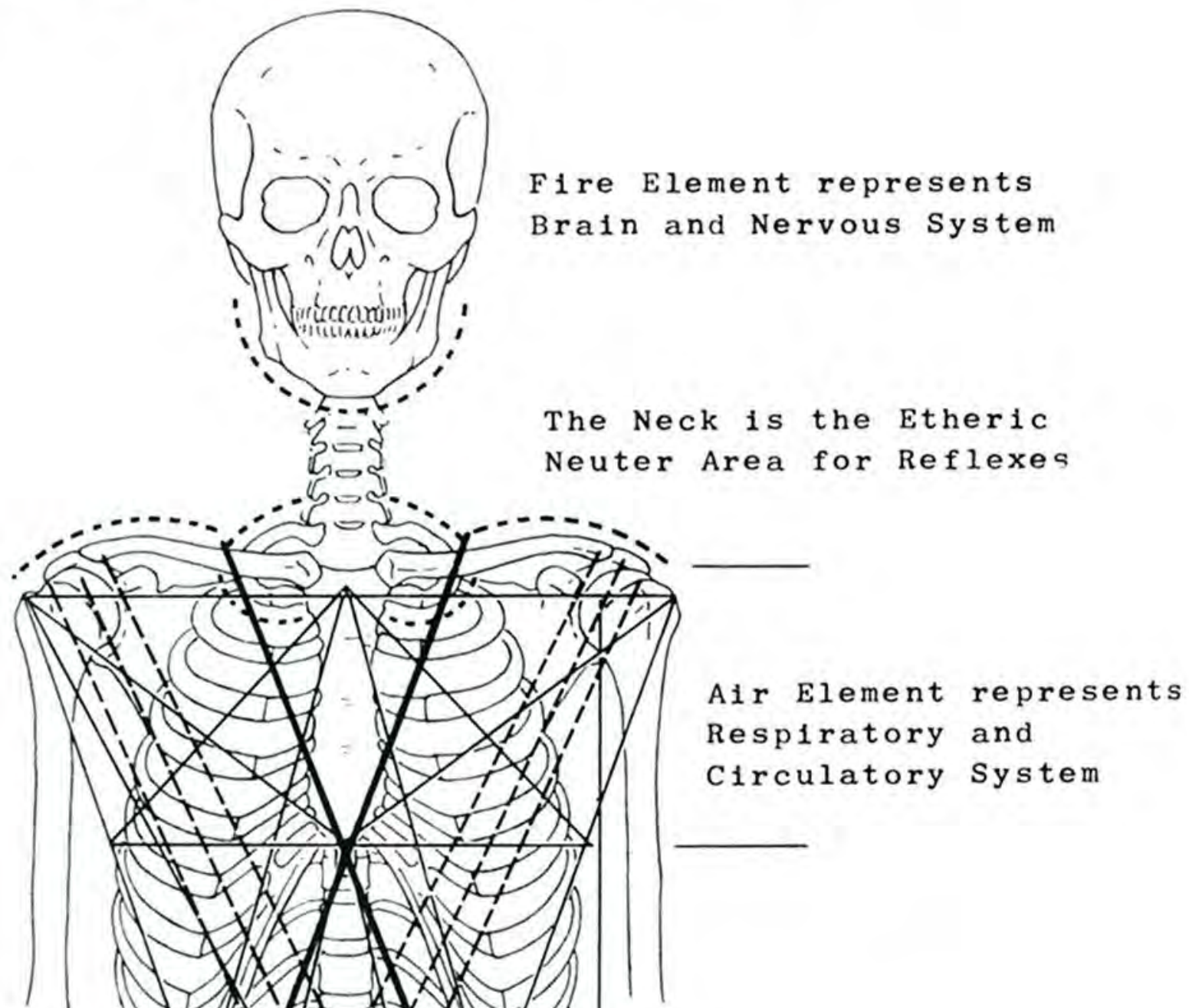
(6) The abdominal cavity, below the diaphragm, represents the oval field of the earth element or Tattwa [tattva]. The Fire principle flows through the solar (sun) plexus and the abdominal nerve centers as the impulse for Digestion, Assimilation and Elimination.

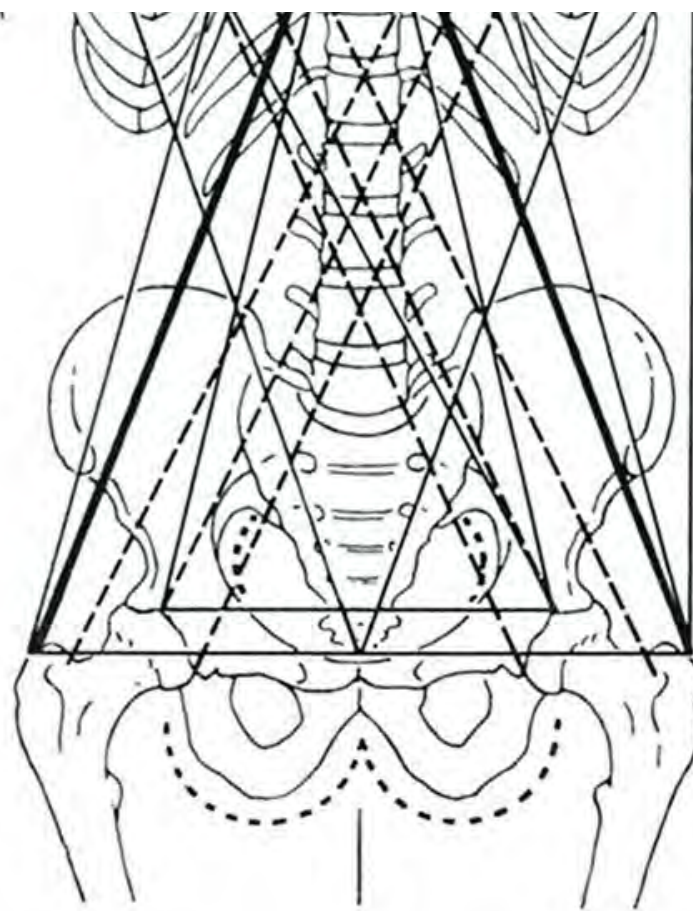
(7) The Pelvic cavity, bounded by the peritoneum superiorly and posteriorly is the horizontal oval cavity of the Water element. Through it flows the Energy Essence of the moon as the genitourinary [urogenital] system.

(8) The thighs and the buttock muscles are levers of motion for the body. The negative pole of the Fire principle flows through them for action and for running.

THE LIFE BREATH FLOWING WITH THE ELEMENTS, UP AND DOWN, IN AND THROUGH ALL TISSUES, ESTABLISHES GRAVITY BALANCE FROM THE CENTER TO THE CIRCUMFERENCE.

CHART No. 6





Earth Element represents
Digestive System,
Assimilation & Elimination

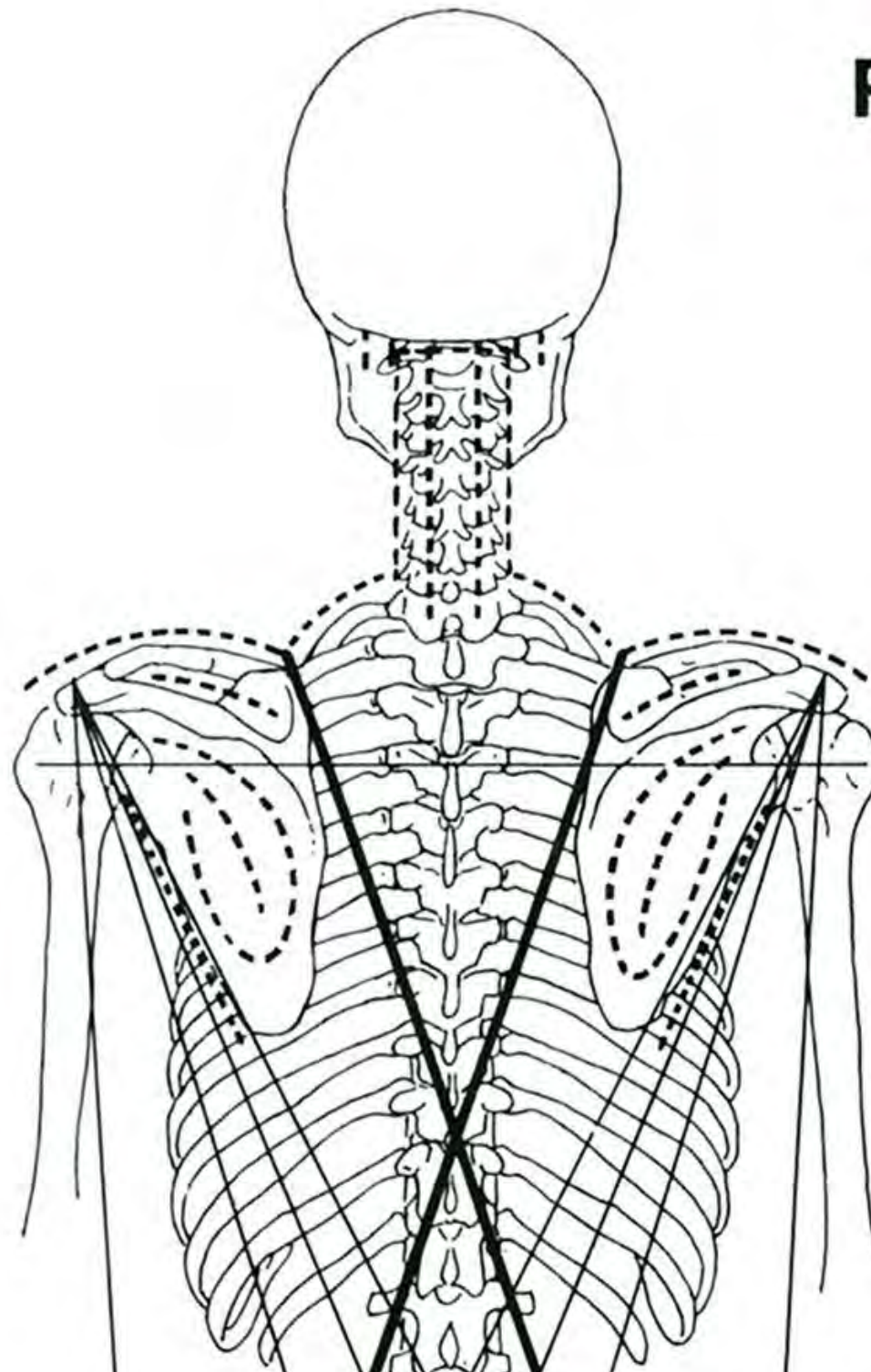
Water Element represents
Genito-urinary System

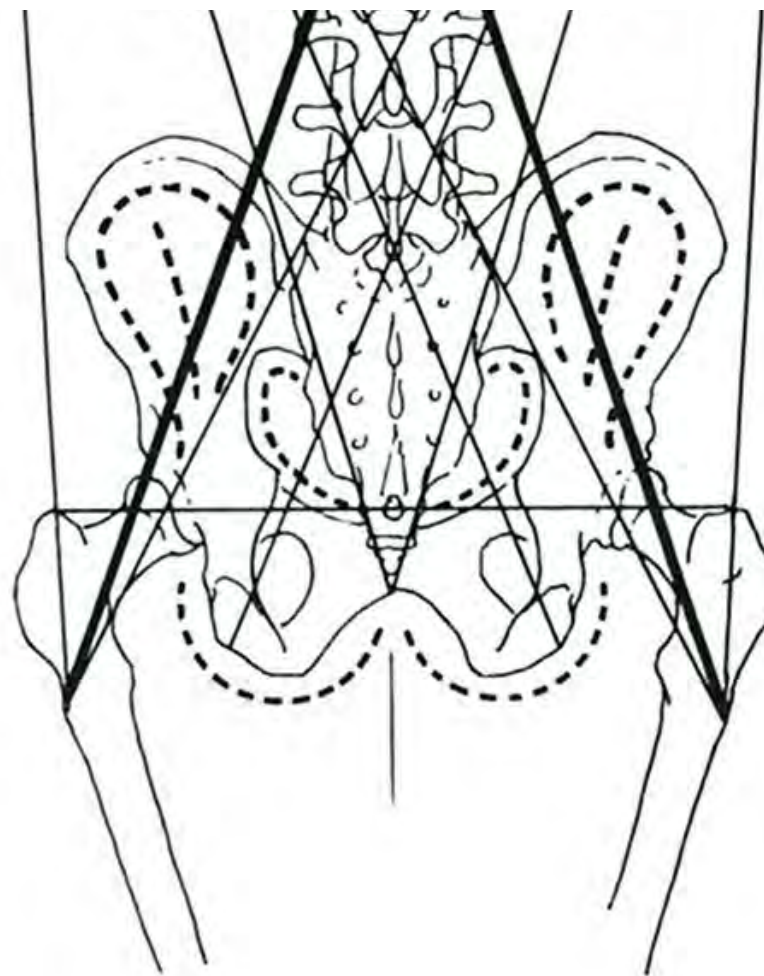
ANTERIOR VIEW of gravity lines and four polarized elements in their functioning areas, flowing up and down through the neck, the neuter, etheric link.

The neck region is the cross road of Sound Energy and Mind Impulses from the Center of Consciousness outward and inward, through the Etheric Substance. They are felt, but cannot be seen nor photographed. The neck becomes a switchboard for functional diagnosis. BALANCE IS MAINTAINED THROUGH POLARITY ACTION OF ENERGY CURRENTS FLOWING THROUGH THE STRUCTURES.

**CHART
No. 7**

**POSTERIOR
GRAVITY
LINES**





The squares indicate gravity straight downward. The tri-
angles indicate lines of force in motion and stress, in pivoting
and reaching. The dotted lines are contact points to balance:

THE PERINEUM WITH THE NECK, OCCIPUT, CLAVICLE, FIRST RIB,
AND THE TOP OF THE SHOULDERS.

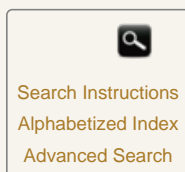
THE GLUTEI WITH THE SCAPULA.

THE TOP WITH THE BOTTOM, INCLUDING THE FOUR JOINTS.



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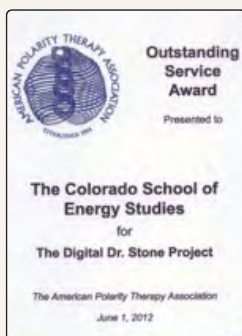
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Chart No. 8

[See [Book 1, Chart 8](#)]

A few lines have been added to this chart for clarification of Principles and Techniques.

The dot on the coccyx is the approximate location of the ganglion of impar, under this bone. It is shown externally in the chart as a GUIDE FOR THERAPY AND REFLEXES.

Line "A" is a dividing line of the muscular reflex area, above, posteriorly, from the sensory area below and anterior on the perineal floor.

The fine lines are tissue fibers which extend from the sides to the center. These are the areas of tender spots to look for in PERINEAL TECHNIQUE^[1].

The dotted lines represent the contact points to be made with the finger tip when giving PERINEAL TECHNIQUE^[1].

In PERINEAL TECHNIQUE^[1] all contacts are made on the soft tissue on the perineal floor. The rim of the bones and ligaments are guides to direct the contact finger and keep it on the perineum.

Profound reflexes can be elicited here by gentle contacts. Spastic knee reflexes, or when the knees suddenly give way, have been found here as perineal obstructions, AND RELEASED IN A FEW SUCH TREATMENTS.

Other mental and emotional symptoms often have their origin here and reflex to the neck and the head. PATIENTS ARE ALWAYS GRATEFUL FOR THAT GENTLE TREATMENT WHICH RELIEVES THE NECK TENSION WITHOUT ATTEMPTS OF ADJUSTING A SORE NECK. When the energy blocks are released, the currents can flow freely and normally to promote and maintain good health.

Glandular stagnation blocks that are due to emotional upsets are often found in this area.

Tonsils and the lymph glands in the throat also have their negative pole blocks here, in the opposite end of the body, as well as around the ankles through a kidney reflex.

In mumps, the hip joints are equally as sore as the mandibular joints. Releasing the lower sore spots around the hip joint, plus a PERINEAL CONTACT, frees the upper pole on that particular side. Immediately, the patient can swallow without pain.

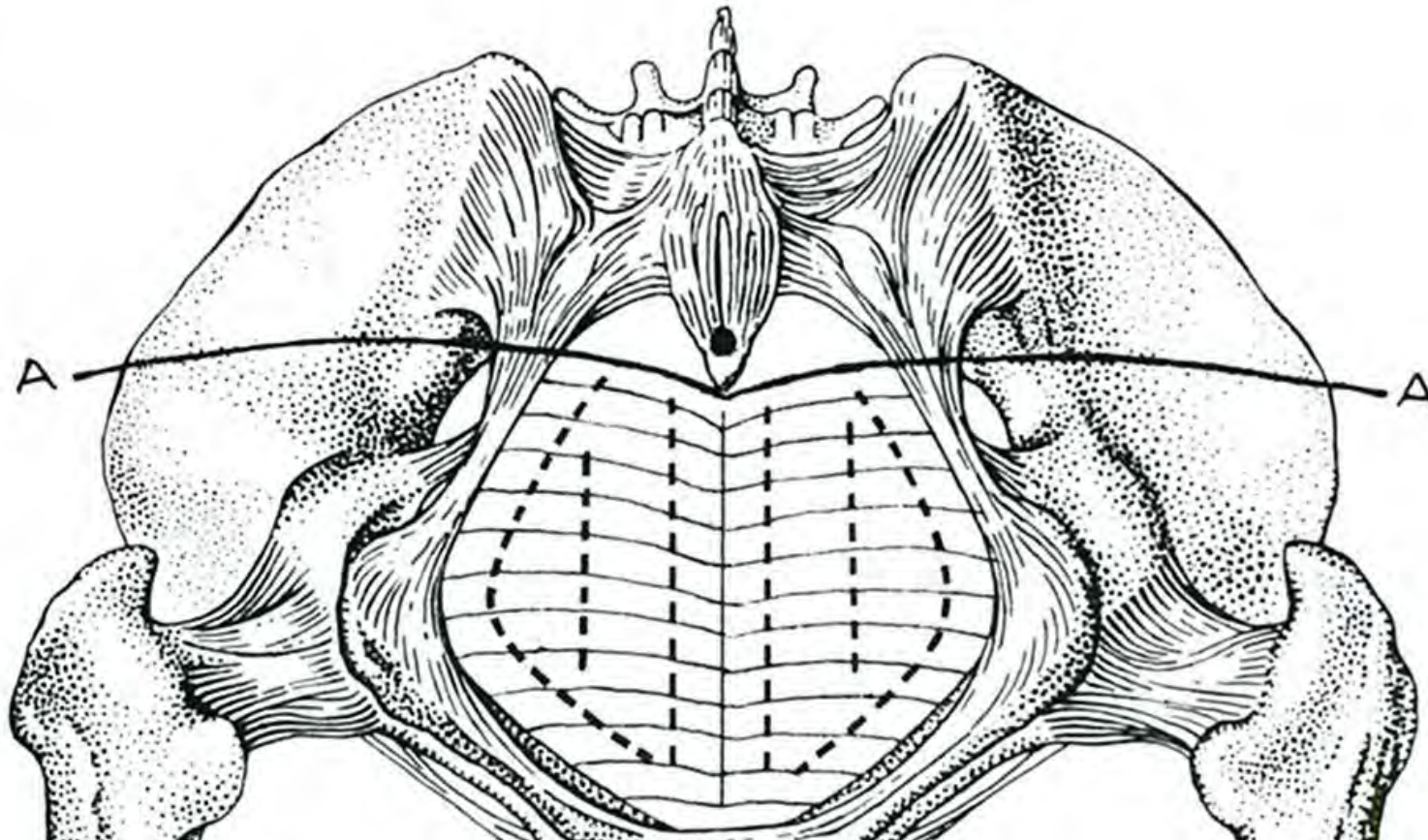
"As above, so below" is a law in Nature because all things

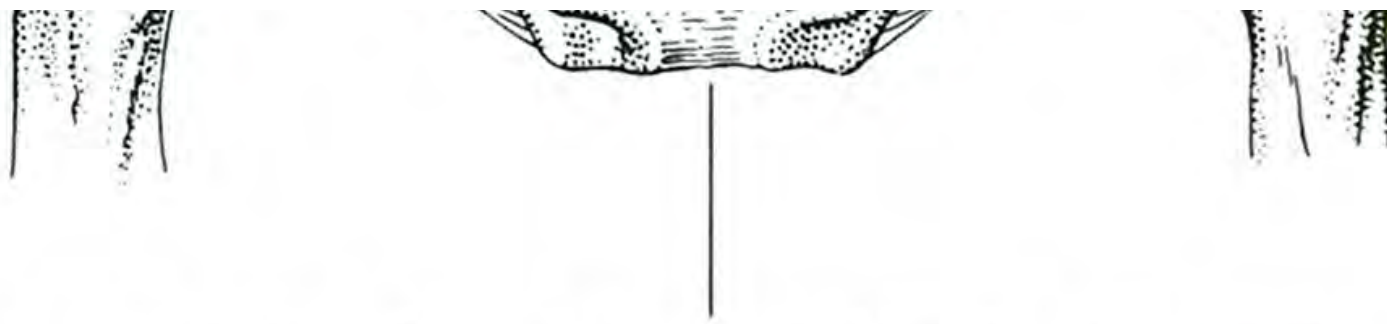
¹ See page [87](#); and Book 2, Charts [30](#) and [31](#).

CHART No. 8

PELVIC OUTLET

AS SHOWN FROM BELOW





The area below line A is strictly for the application of PERINEAL TECHNIQUE with a light touch with one finger of the right hand while simultaneously placing the left hand above, on the neck or other centers, FOR BIPOLAR CURRENT RELEASE. The dotted lines are CONTACT POINTS. The fine cross lines are tissue lesions to release.

The area above line A is for muscular tissue therapy on both sides of the coccyx, the sacral base and over the innominate bone. It is for a GENTLE PRESSURE TECHNIQUE to release the blocks between two contact points around the ganglion of impar, located under the coccyx, shown as a dot here. The glutei, the coccygeal, the pyriformis muscles, etc. can be contacted in this space by various depths and angles, with the contact finger of the right hand UNDER THE MUSCLE TISSUE, ALONG THE SIDE OF THE COCCYX. At the same time the thumb of the left hand works on the outside, over the muscles, in a deep manipulative movement against the pressure from the finger of the right hand below.

CHART NO. 1

MIND WORKING THROUGH FIVE
ETHERIC PATTERN FIELD OVALS
WITH SIX
GOVERNING
CENTERS
CONNECTED
BY THE ULTRA
SONIC CENTRAL
BEAM.

OVALS AND CENTERS

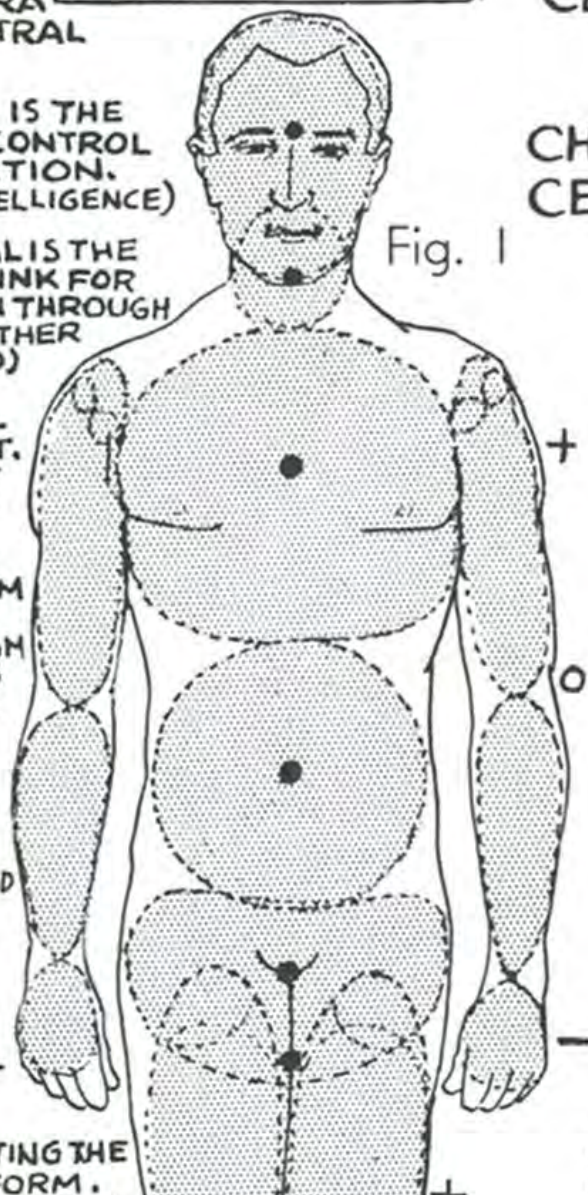
FIRST OVAL IS THE
HEAD FOR CONTROL
AND DIRECTION.
(FIRE OR INTELLIGENCE)

SECOND OVAL IS THE
THROAT. A LINK FOR
EXPRESSION THROUGH
SPEECH. (ETHER
AND SOUND)

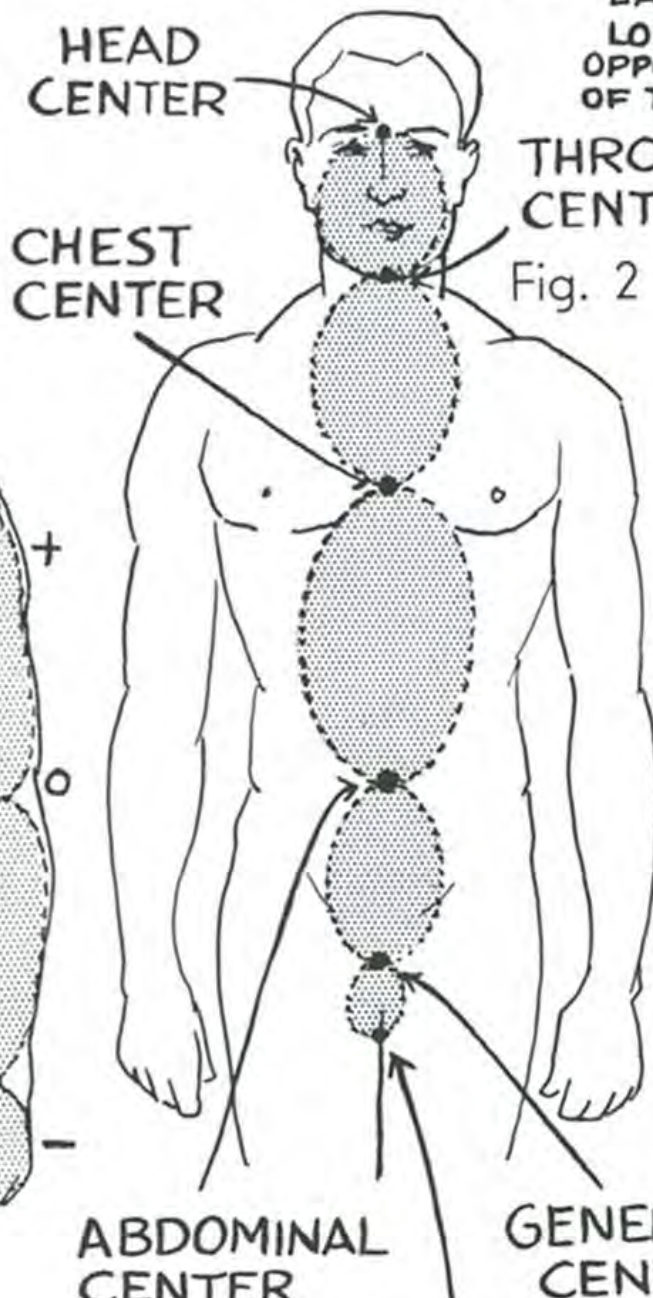
THIRD OVAL
IS THE CHEST.
THE HEART
EXPRESSES
THE LIFE
ENERGY IN
FLUIDIC FORM
THE LUNGS
AND DIAPHRAGM
AS GASEOUS
FUNCTION.
(AIR)

FOURTH
OVAL IS THE
ABDOMEN
NOURISHING AND
SUSTAINING
THE BODY.
(EARTH
ENERGY)

FIFTH OVAL
IS THE
PELVIS
PERPETUATING THE
PATTERN FORM.

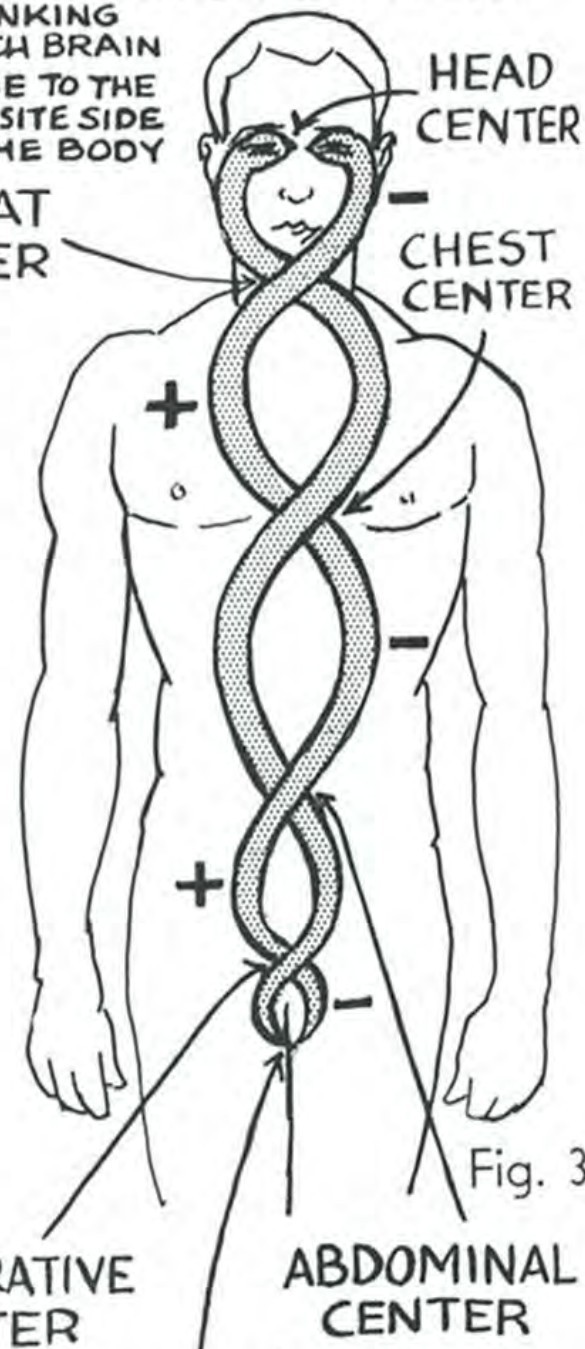


CURRENT CONNECTION OF CENTERS



CONTINUOUS ENERGY FLOW THROUGH CENTERS

LINKING
EACH BRAIN
LOBE TO THE
OPPOSITE SIDE
OF THE BODY



(WATER ENERGY)

THREE FIELDS AND CENTERS ARE NECESSARY TO EXPRESS THE SOUL AS INTELLIGENCE, SPEECH, LIFE AND MOTION. TWO FIELDS AND THREE CENTERS ARE NECESSARY TO SUSTAIN AND PERPETUATE THE BODY.

ARMS AND LEGS ARE EXTENSION LEVERS TO OVERCOME GRAVITY BY MOTION OF SHIFTING POLARITY FORCES FROM A POSITIVE THROUGH A NEUTER TO A NEGATIVE POLE AND REPEAT.

THE MOST ANCIENT AND PERFECT ARROW OR ROCKET DESIGNED BY NATURE SELF-PROPELLED AND SELF-DIRECTED.

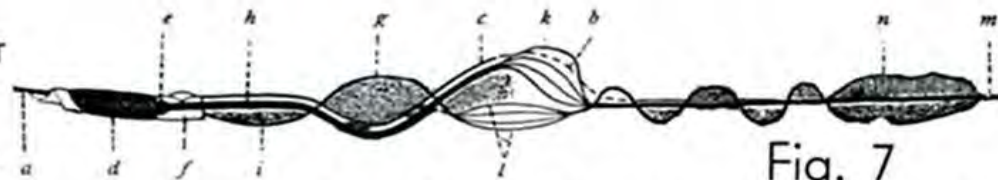
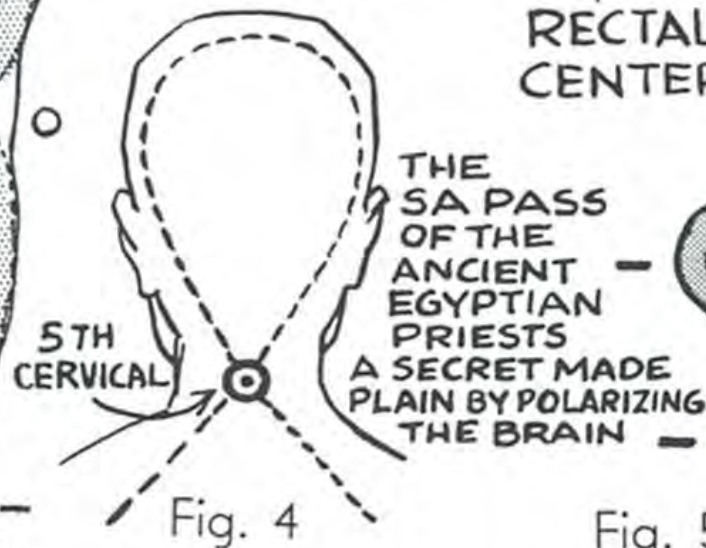
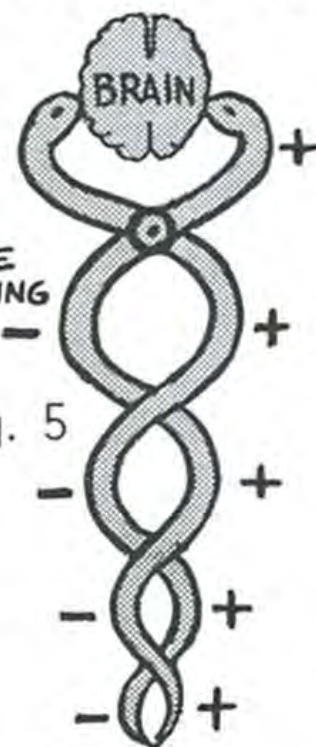


Fig. 7
—Diagram showing the general characteristics of the spermatozoa of various vertebrates: *a*, Lance; *b*, segments of the accessory thread; *c*, accessory thread; *d*, body of the head; *e*, terminal nodule; *f*, middle piece; *g*, marginal thread; *h*, axial thread; *i*, undulating membrane; *k*, fibrils of the axial thread; *l*, fibrils of the marginal thread; *m*, end piece of Retzius; *n*, rudder-membrane.



RECTAL CENTER

THE SA PASS OF THE ANCIENT EGYPTIAN PRIESTS A SECRET MADE PLAIN BY POLARIZING THE BRAIN



POSTERIOR VIEW

RECTAL CENTER

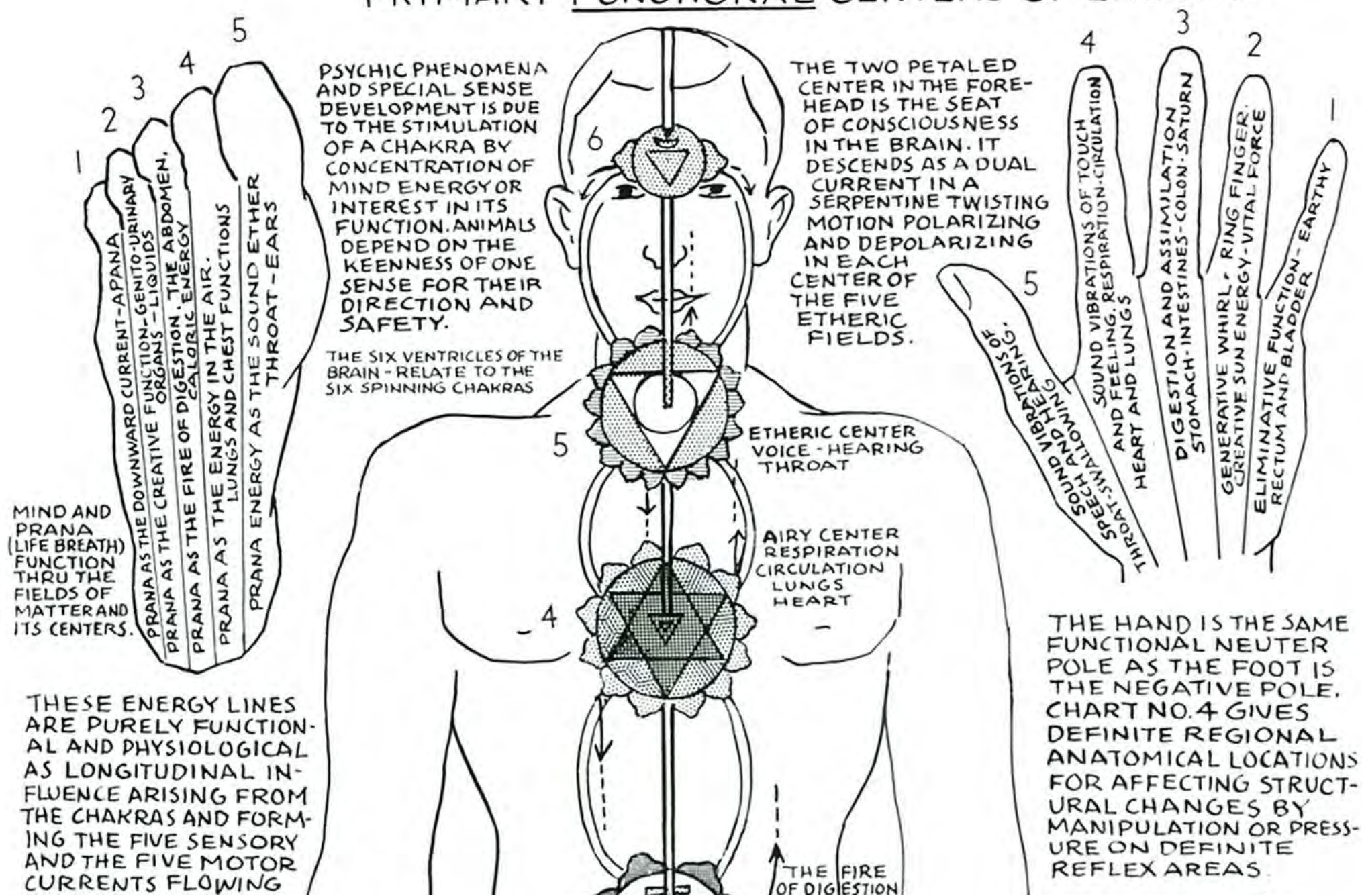
CELLS ARE MINATURE OVALS WITH THE FIVE MODALITIES OF MATTER IN ACTION IN EVERY LIVING CELL.



Fig. 6

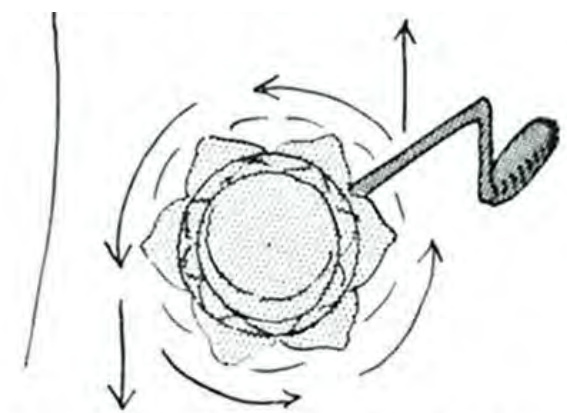
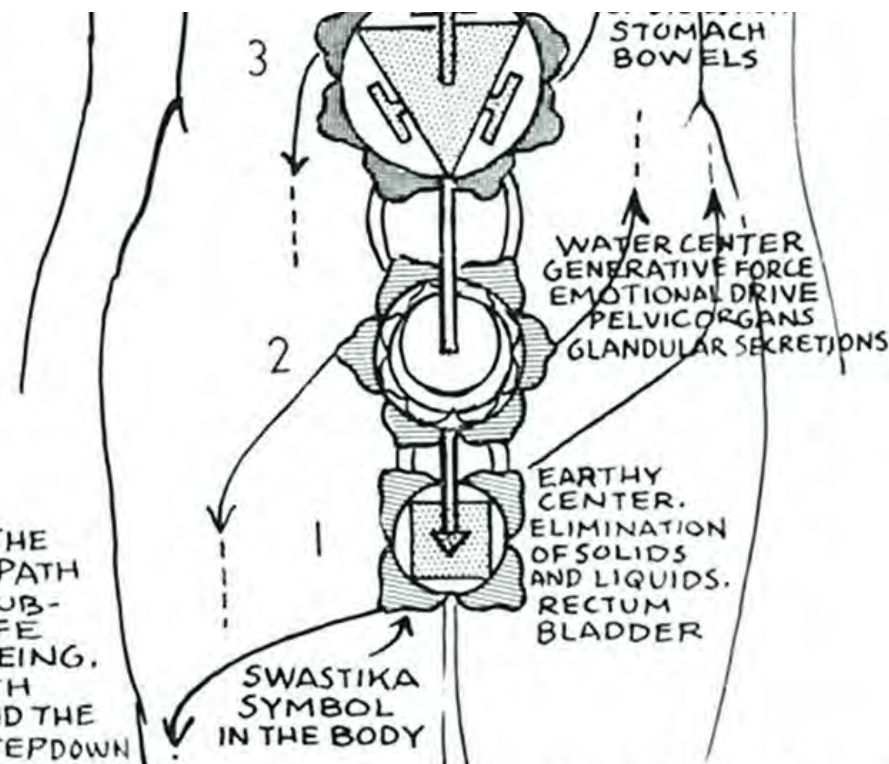
STRAIGHT LINES OF MATERIAL GEOMETRIC EXTENSION USED IN MECHANICS. EXPANSION AND CONTRACTION BY MECHANICAL MEANS SUCH CONGESTIONS ARE SEEN IN THE MUSCLES OF THE BACK.

CHART OF THE SUBTLE PRANA CURRENTS IN THE HUMAN BODY AND THEIR CHAKRAS AS WHIRLING PRIMARY FUNCTIONAL CENTERS OF ENERGY.



THROUGH THE BODY TO EACH DIGIT OF THE HANDS AND FEET. IN THE TREATMENT OF FUNCTIONAL BLOCKS OR DISTURBANCE OF THE FIVE SENSES THESE AREAS ARE USEFUL WHEN THE PHYSIOLOGY IS MOSTLY INVOLVED.

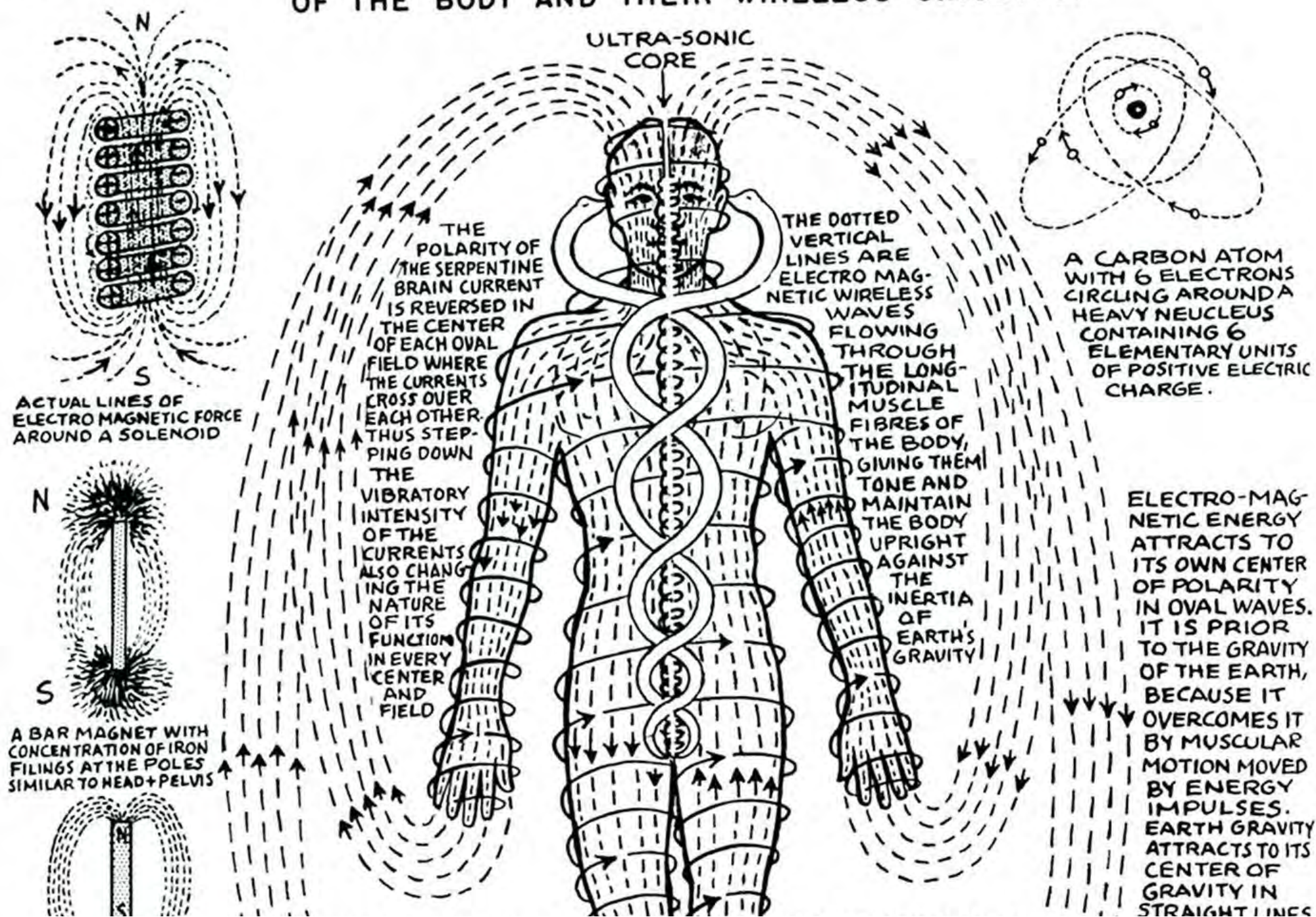
THE CENTER LINE THROUGH THE BODY IS THE LOCATION OF THE PATH OF THE ULTRA-SONIC ENERGY SUBSTANCE AS THE PRIMARY LIFE CURRENT AND THE CORE OF BEING. IT FLOWS THROUGH THE SIXTH VENTRICLE OF THE BRAIN AND THE SPINAL CORD. IT HAS FIVE STEPDOWN CENTERS BELOW THE BRAIN FOR THE SPECIALIZATION OF FUNCTIONS WHICH WE CALL THE LAWS OF NATURE FOR MOTION, LIFE AND THE PRESERVATION OF THE SPECIES. THESE CENTERS IN THE FIVE OVAL ETHERIC FIELDS ARE THE CORE OF THE WIRELESS ANATOMY OF THE FINEST PARTICLES OF MATTER KNOWN AS CHAKRAS OR LOTUSES. AS THEY WHIRL IN A RIGHT HAND DIRECTION FROM THE BACK, EACH OF THE FIVE CENTERS GIVES OFF ONE WAVE OF ITS SPECIAL QUALITY OF VIBRATORY ENERGY FLOWING AS AN ELECTRO-MAGNETIC CIRCUIT TO EACH FINGER AND TOE. IN THIS MANNER THE SENSORY AND THE FIVE MOTOR SENSES ARE CREATED AND FUNCTION IN THE BODY.



A SPINNING CENTER OR CHAKRA WITH A CRANK INSERTED FROM THE BACK. THE WHEEL GIVES OFF SHOOTS OF ENERGY BY ROTATION UPWARD ON THE LEFT SIDE AND DOWNWARD ON THE RIGHT SIDE AS A RIGHT HAND TURN.

CHART NO.3

COMPOSITE PICTURE OF THE PATTERN FORCES OF THE BODY AND THEIR WIRELESS CIRCUITS.

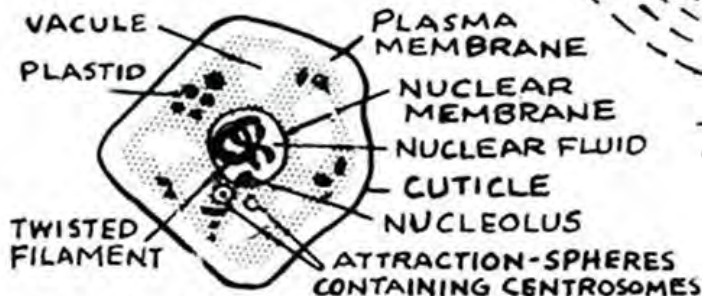


A BAR MAGNET
AND ITS FIELD AS
LINES OF FORCE



META-
KINESIS
STAGE

MITOTIC CELL-DIVISION OF
FERTILIZED WHITEFISH EGGS



A MICROSCOPIC CELL. THE TWISTED FILAMENTS IN THE CENTER HAVE SELF INDUCTIVE ELECTRIC CAPACITY THROUGH OSCILLATION. CHROMOSOMES AND TUBULES ARE MADE UP OF INSULATING MATERIAL AND FILLED WITH MINERAL SALTS SIMILAR TO THE OCEAN FOR CONDUCTION OF ENERGY.

THE OVAL HORIZONTAL
LINES AROUND THE
BODY ARE THE
ELECTRO-MAGNETIC
WIRELESS CURRENTS
WHICH GIVE TONE
TO THE CIRCULAR
FIBRES OF THE
MUSCLES. THEY
CORRESPOND TO
THE CURRENTS
FROM EAST TO
WEST IN THE
ATMOSPHERE

THE ULTRA SONIC ENERGY FORMS
THE 6TH VENTRICLE OF THE BRAIN
AND SPINAL CORD. IT BECOMES
THE PRIMITIVE STREAK AND THE
NOTOCHORD IN THE EMBRYO.

THE HANDS SHOULD
BE TURNED UP
WITH THE THUMBS
FORWARD. BUT
FOR CLARITY OF
ILLUSTRATING
THE 5 CURRENTS
GOING THROUGH
THE 5 FINGERS
THEY ARE
SHOWN THUS.

STRAIGHT LINES
OF FORCE BY
THE SQUARE OF
THE DISTANCE

THE FINE WHITE
LINE IN THE
CENTRAL CORE
IS THE ULTRA
SONIC ENERGY
CURRENT OF THE
SOUL. IT IS THE
PRIMARY ENERGY
WHICH BUILDS AND SUS-
TAINS ALL OTHERS. IT
FLOWS THROUGH THE 6TH
VENTRICLE OF THE BRAIN
AND SPINAL CORD WHEN THESE

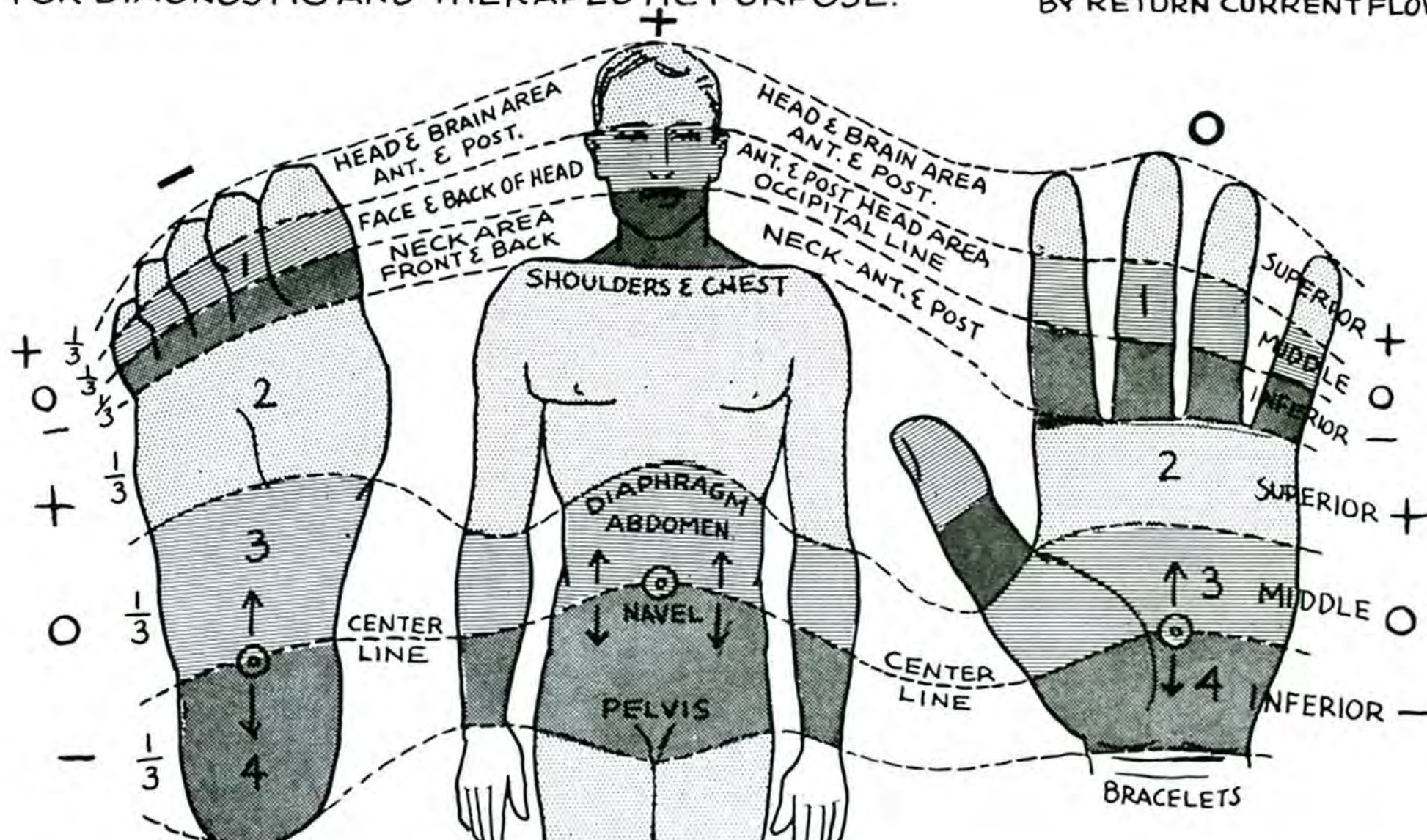
ARE FORMED OUT OF ITS MIND
PATTERN ENERGY FIELD. THIS CORE IS THE
CENTER OF ATTRACTION AND EMANATION OF
ALL CURRENTS FROM THE BRAIN TO THE
EXTREMITIES. IT IS THE INTERNAL GRAVITY
OF THE INDIVIDUAL ENERGY AND LINES OF FORCE,
DISTINCT FROM THE GRAVITY OF THE
EARTH. THIS IS THE TRUE BASIS
FOR INDIVIDUAL THERAPY.

CHART NO.4

DIAGNOSTIC AND THERAPEUTIC CHART OF BODY AREAS BASED ON THE REGIONAL RELATION OF WIRELESS CURRENTS OF ENERGY FLOW.

+ POSITIVE POLE O NEUTER POLE - NEGATIVE POLE
 OF EACH AREA IN EXACT RELATIONSHIP TO THE WHOLE
 FOR DIAGNOSTIC AND THERAPEUTIC PURPOSE.

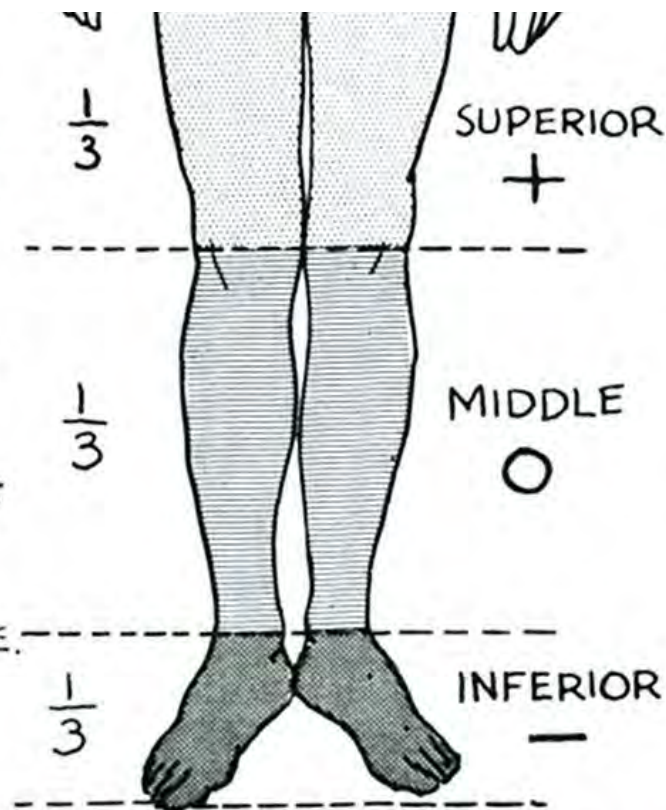
THE SUPERIOR RULES THE
 INFERIOR. THE INFERIOR
 REACTS UPON THE SUPERIOR
 BY RETURN CURRENT FLOW.



SENSITIVE AREAS FOUND IN THESE PARTS ARE DIAGNOSTIC AND RELATE TO EACH OTHER AS ILLUSTRATED. PRESSURE OR MANIPULATION OF THESE AREAS HAS A DEFINITE THERAPEUTIC EFFECT ON THE OTHER POLES, $+$, 0 OR $-$ BY THE WIRELESS ENERGY CURRENTS.

THE GREATEST SENSITIVENESS FOUND BY TOUCH IN ANY RELATED AREA $+$ 0 $-$ SHOWS THE SEAT OF THE ACTIVE CURRENT INTERFERENCE.

THIS CHART GIVES A POLARITY RELATIONSHIP OF ANATOMICAL STRUCTURES TO EACH OTHER. IT IS A PART OF THE WIRELESS CURRENT SYSTEM IN THE ANATOMY OF MAN. THESE ARE ELECTRO-MAGNETIC MUSCULAR CURRENTS FROM ABOVE DOWNWARD, AND THEY ACT INVERSELY AS TENSION REFLEXES FROM BELOW UPWARD.



THE NINE AREAS MARKED $\frac{1}{3}$ ARE NOT EQUAL IN SIZE BUT ARE EXACT IN RELATION TO EACH OTHER. THEY ARE EQUIVALENT TO THE NINE OPENINGS IN THE BODY FOR THE OUTLET OF ENERGY.

THE ANTERIOR SOFT SENSORY PORTION OF THE HANDS AND FEET RESPOND TO THE ANTERIOR SENSORY FIELD OF THE BRAIN AND BODY CURRENTS. THE POSTERIOR MOTOR AREAS ARE ON THE REVERSE SIDE.

TRACING THESE CURRENTS $+$ 0 $-$ IN ANY AREA IS AN INTERESTING ART AS A DIAGNOSIS OF CAUSES AND MOST EFFECTIVE AS THERAPY IN REMOVING THE INTERRUPTION OF THE CURRENT.

ANY TISSUE WHICH IS IN A CONSTANT STATE OF CONTRACTION OR FLACCIDITY REVEALS AN ENERGY BLOCK IN ITS CIRCUIT OF CONDUCTION OR IN THE WIRELESS PATTERN OF ENERGY FLOW.

THIS IS AN ANATOMICAL RELATIONSHIP CHART OF CORRESPONDING BODY AREAS OF POSITIVE, NEGATIVE AND NEUTER REACTIONS. ITS FOUNDATION IS BASED UPON THE EMBRYONIC DEVELOPMENT AND POSITION OF THE CHILD IN THE MOTHER'S WOMB.

CHART NO.5 ELECTRO-MAGNETIC WAVES OF THE BODY AND THEIR POLARITY

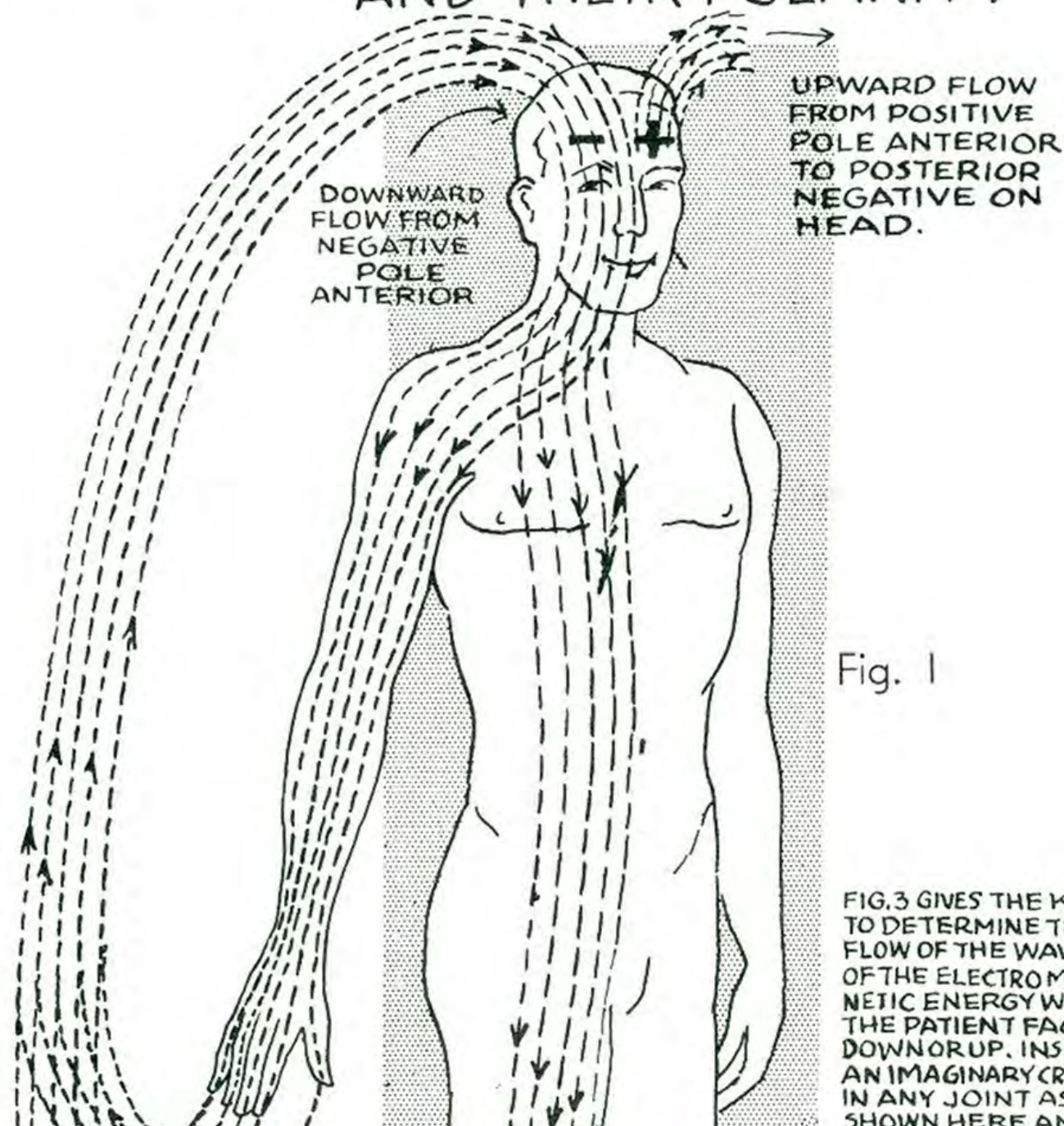


Fig. 1

HOW ENERGY FLOWS FROM HEAD

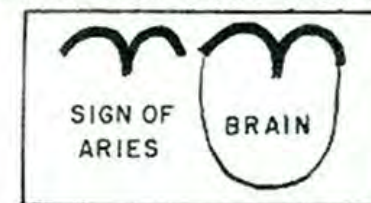
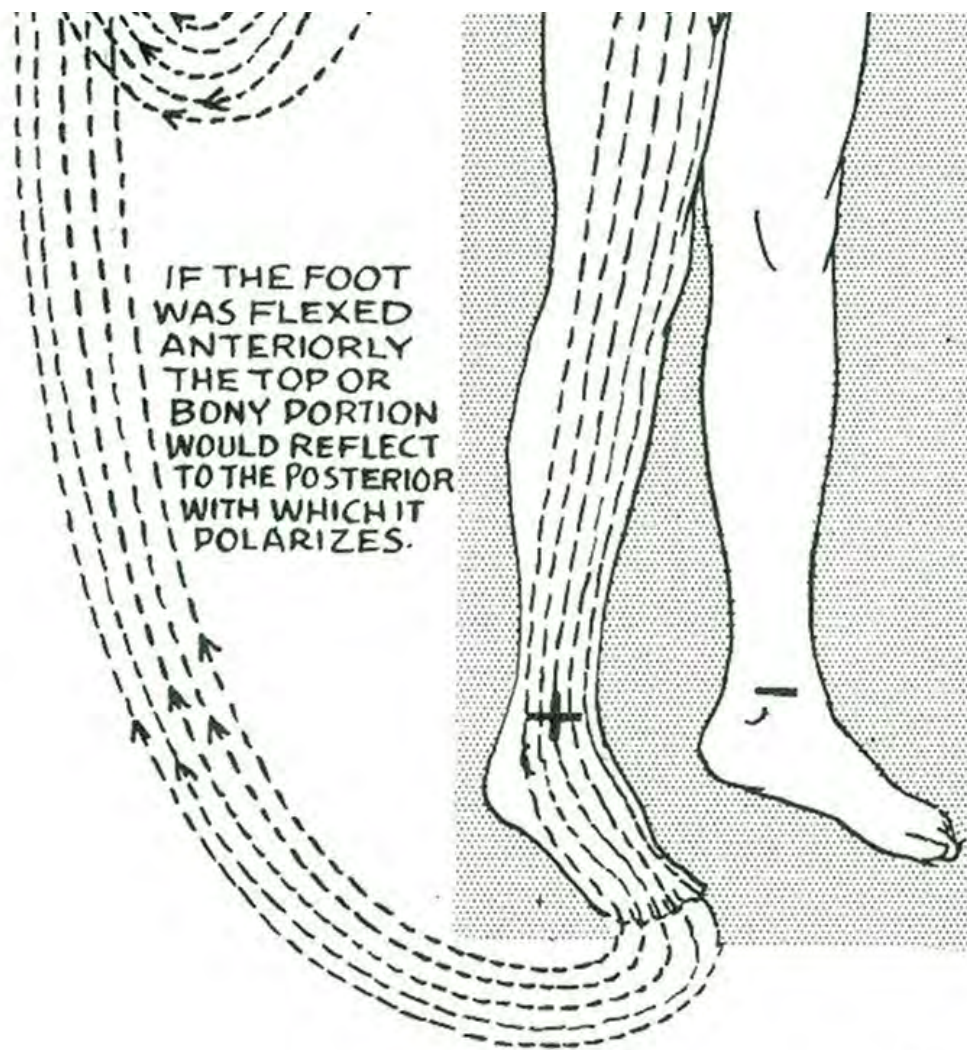


Fig. 2

THE WAVES OF ELECTRO MAGNETIC LINES OF FORCE IN THE HUMAN BODY ARISING FROM THE CENTER CORE AND THE BRAIN POLARITY, WHIRLING IN OPPOSITE DIRECTIONS. ANTERIOR AND POSTERIOR.

FIG.3 GIVES THE KEY TO DETERMINE THE FLOW OF THE WAVES OF THE ELECTRO MAGNETIC ENERGY WITH THE PATIENT FACE DOWN OR UP. INSERT AN IMAGINARY CRANK IN ANY JOINT AS SHOWN HERE AND

THESE LONG WAVES FLOW ON THE SURFACE AND THROUGH THE MUSCULAR STRUCTURE OF THE ANTERIOR AND POSTERIOR HALF OF THE BODY. THEY RESPOND TO STIMULI MOSTLY AT



GIVE IT A RIGHT HAND CLOCKWISE TURN AND THE CIRCUIT IS CLEARLY DEMONSTRATED. THE OPERATOR STANDS ON THE SIDE TESTED.

THE POLAR EXTREMITIES, AND REFLEX FROM THE NEUTER POLE.

THESE WAVES CHANGE POLARITY AT THE ANKLE WHERE THE CURRENT GOES FORWARD ON THE FOOT. THE CROSSING OVER OF THE CURRENT POLARITY AT THIS POINT ANTERIORLY, MAKES THE ANKLE A FLEXIBLE JOINT, IN THE ENERGY FIELD ALL JOINTS ARE NEUTER POINTS.

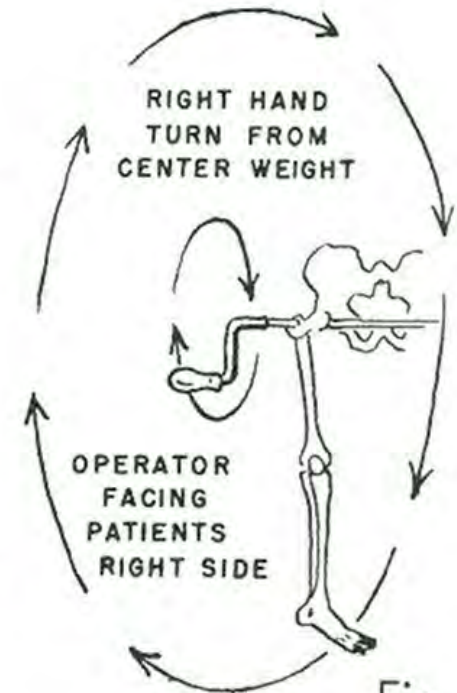


Fig. 3

CHART NO. 6

ELECTRO-MAGNETIC CURRENTS AND THEIR PROPER ANATOMICAL RELATIONS ANTERIOR AND POSTERIOR VIEW OF OVERALL SWEEP PLUS POLARITY CENTERS.

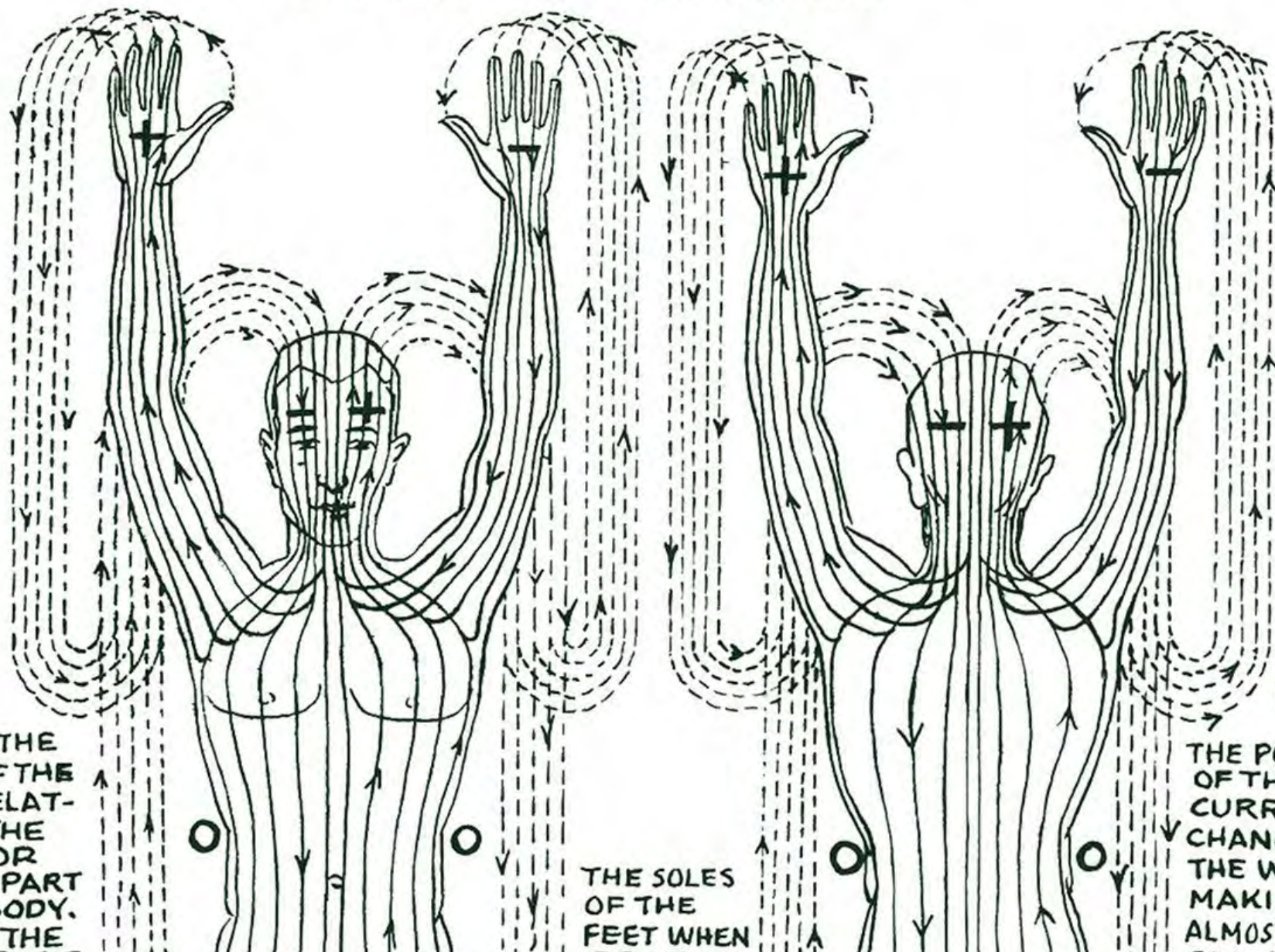


Fig. 1

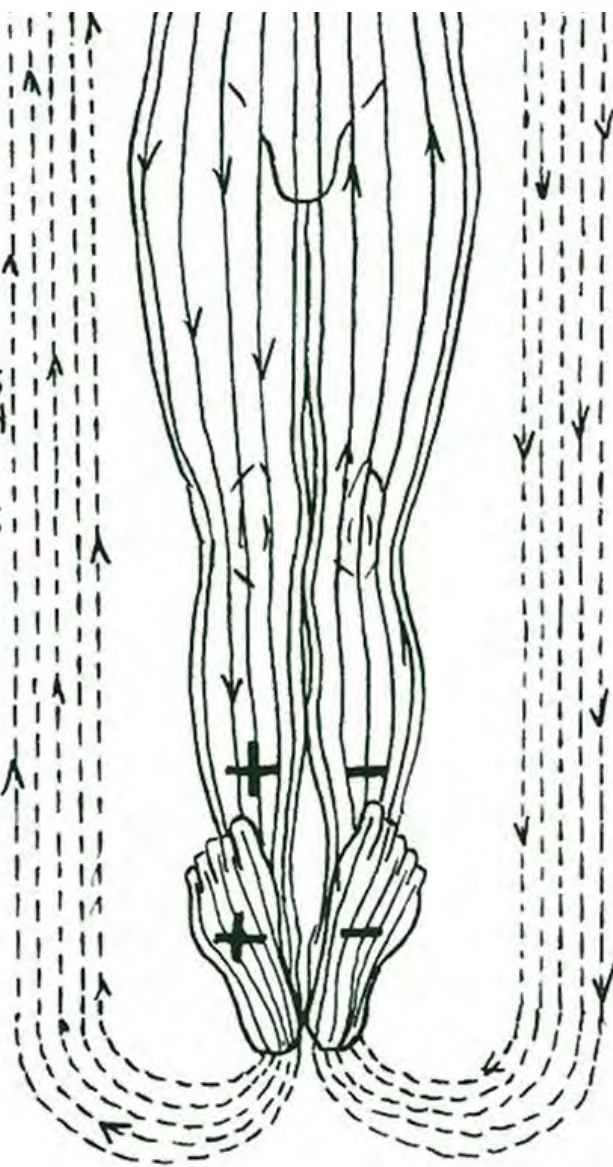
SHOWS THE PALMS OF THE HANDS RELATING TO THE ANTERIOR SENSORY PART OF THE BODY. IT GIVES THE

THE SOLES OF THE FEET WHEN

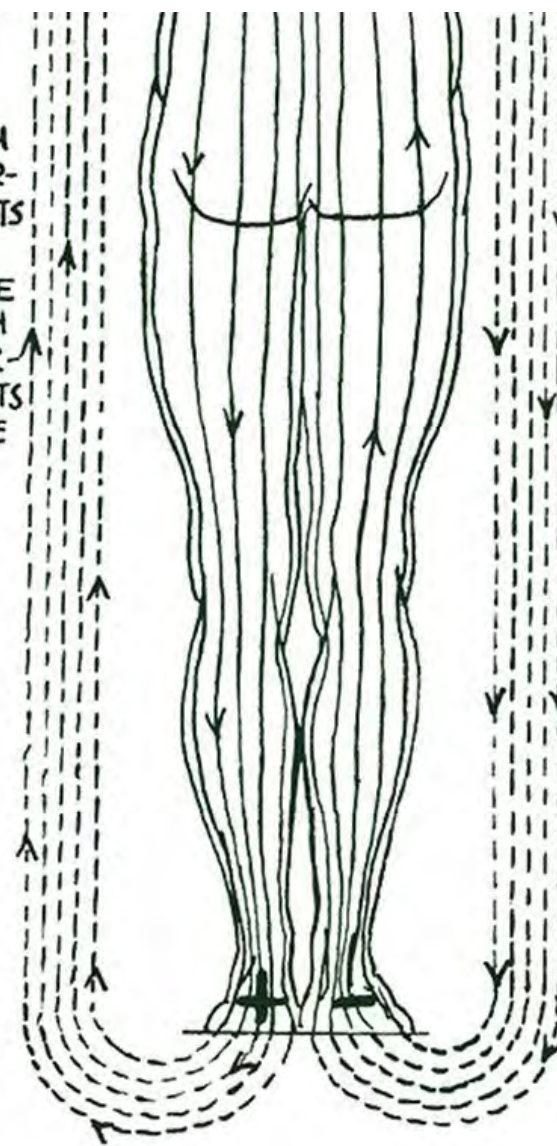
Fig. 2

THE POLARITY OF THE CURRENT CHANGES AT THE WRISTS MAKING AN ALMOST UNIVER-

CORRECT POSITION OF THUMBS IN RELATION TO CENTRAL AREA OF ENTIRE BODY. EACH HALF OF THE BODY IS DIVIDED INTO 5 LONGITUDINAL AREAS BY 5 ENERGY CURRENTS SWEEPING THROUGH FROM THE TOP OF THE HEAD AND FINGERS TO TIPS OF THE TOES. OPPOSITE IN DIRECTION OF FLOW AND IN POLARITY ON EACH SIDE AND ON ANTERIOR AND POSTERIOR PART OF BODY.



BENT UPWARD FALL IN LINE WITH THE ANTERIOR CURRENTS AND THE TOP OF THE FEET WITH THE POSTERIOR CURRENTS THE SAME AS THE HANDS.

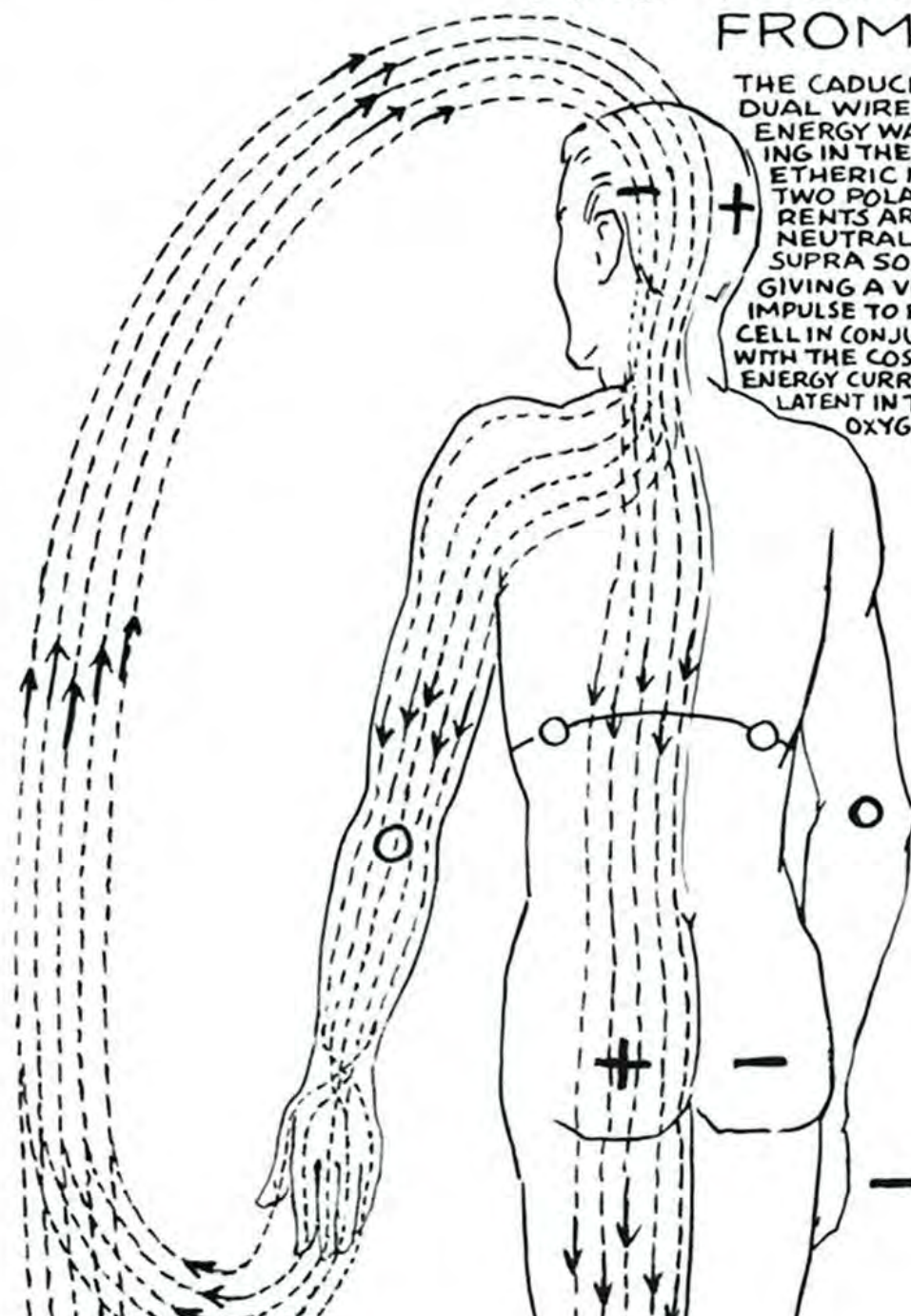


SAL JOINT MOVEMENT POSSIBLE. THE CURRENT ALSO REVERSES ITS POLARITY AT THE ANKLES WHERE IT CHANGES DIRECTION IN FRONT AND AT THE HEELS IN THE BACK.

THE ELECTRO-MAGNETIC CURRENTS FOLLOW THE BODY OUTLINE AND EXTEND NO MORE THAN ONE-HALF INCH BEYOND THE SKIN, FORMING AN ELECTRO-MAGNETIC ENVELOPING PROTECTION AROUND THE BODY.

CHART NO.7

ELECTRO-MAGNETIC WAVES OF THE BODY AND THEIR POLARITY ALSO CURRENTS FROM EACH LOBE OF THE BRAIN.



THE CADUCEUS AS THE
DUAL WIRELESS BRAIN
ENERGY WAVES OPERAT-
ING IN THE BODY IN THE
ETHERIC MATTER AS
TWO POLARIZED CUR-
RENTS AROUND A
NEUTRAL CORE OF
SUPRA SONIC ENERGY,
GIVING A VIBRATORY
IMPULSE TO EVERY
CELL IN CONJUNCTION
WITH THE COSMIC
ENERGY CURRENT
LATENT IN THE
OXYGEN.

MIND ENERGY WAVES DO NOT NEED
WIRES FOR CONDUCTION OF ITS
ALTERNATING IMPULSES. MIND
SUBSTANCE ITSELF IS A PERFECT
CONTINUOUS MEDIA PLUS ETHER.
CONCENTRATION OF MIND ENERGY
IS THE DIRECTING POWER OF ITS
SUBSTANCE. IT ACTS BY PREPON-
DERANCE OF IMPULSE, IMPACT
OR MENTAL WEIGHT.

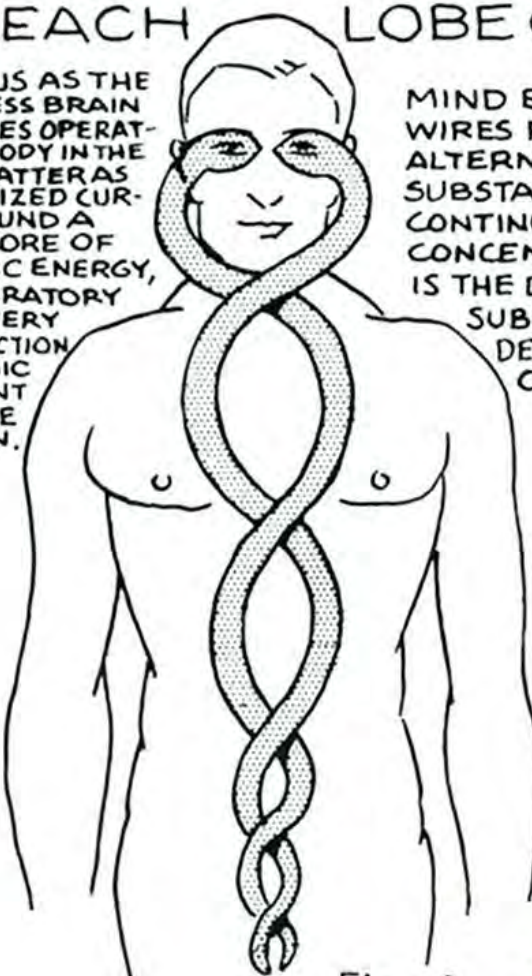
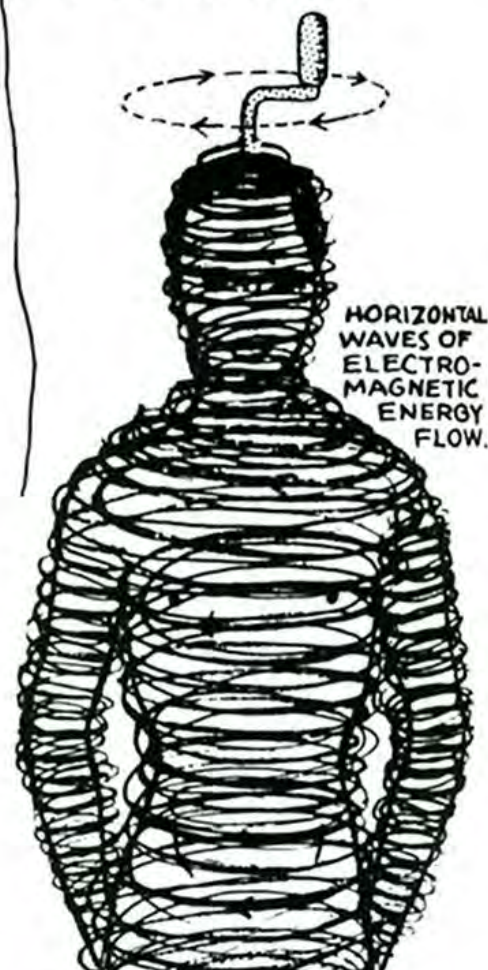


Fig. 2



HORIZONTAL
WAVES OF
ELECTRO-
MAGNETIC
ENERGY
FLOW.

LEFT FOOT
LEADS IN
MARCHING.
THE ANTERIOR
UPWARD SWEEP
LIFTS THE FOOT.
EVERY JOINT IS A NEUTER
POINT. CURRENTS CROSS
OVER AT THE ANKLE JOINTS
AND AT THE WRISTS
CHANGING POLARITY.

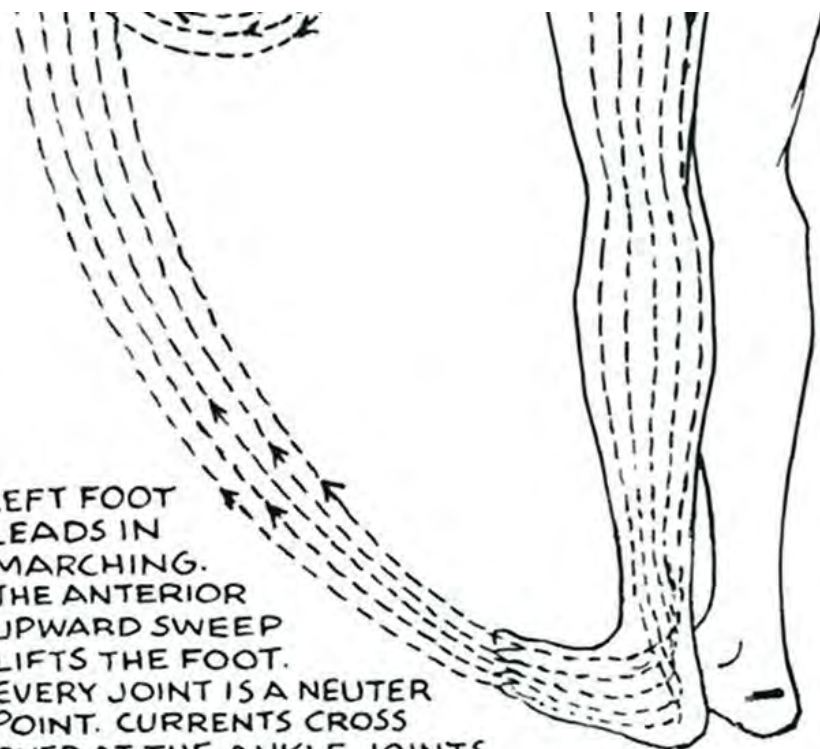


Fig. 1

THESE STRAIGHT LINES ARE
AN EXTENSION OF THE BRAIN
WAVES SEEN AS TENSIONS WITH
GRAVITY PULL IN ACTION ON
MUSCLES OF THE BACK.

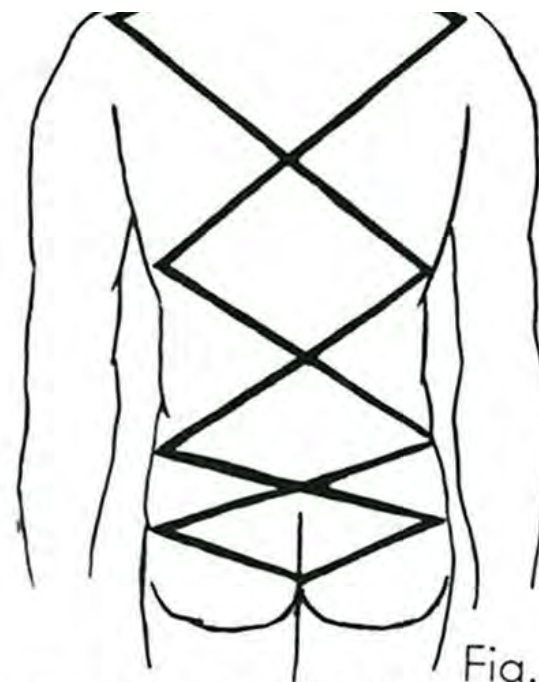


Fig. 3

LATERAL DIRECTION OF ENERGY
IMPULSES INFLUENCE THESE WAVES.
THEY CORRESPOND TO THE EAST
AND WEST CURRENTS OF THE COSMOS.

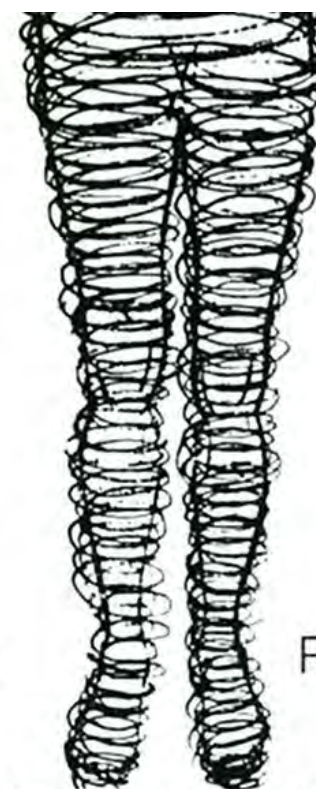
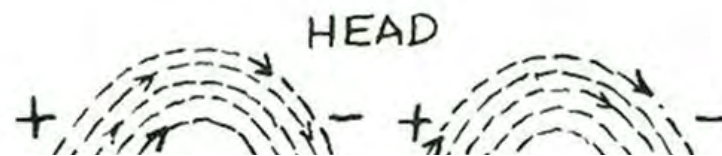
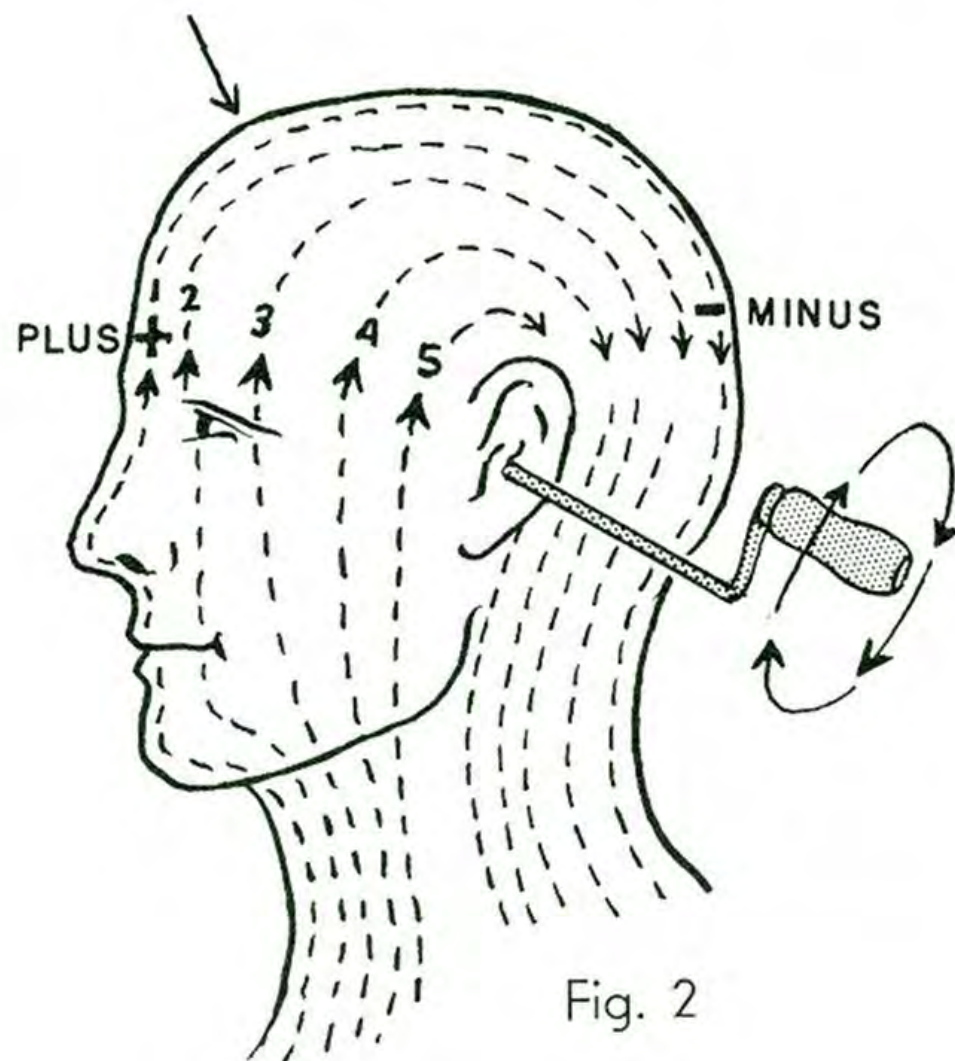
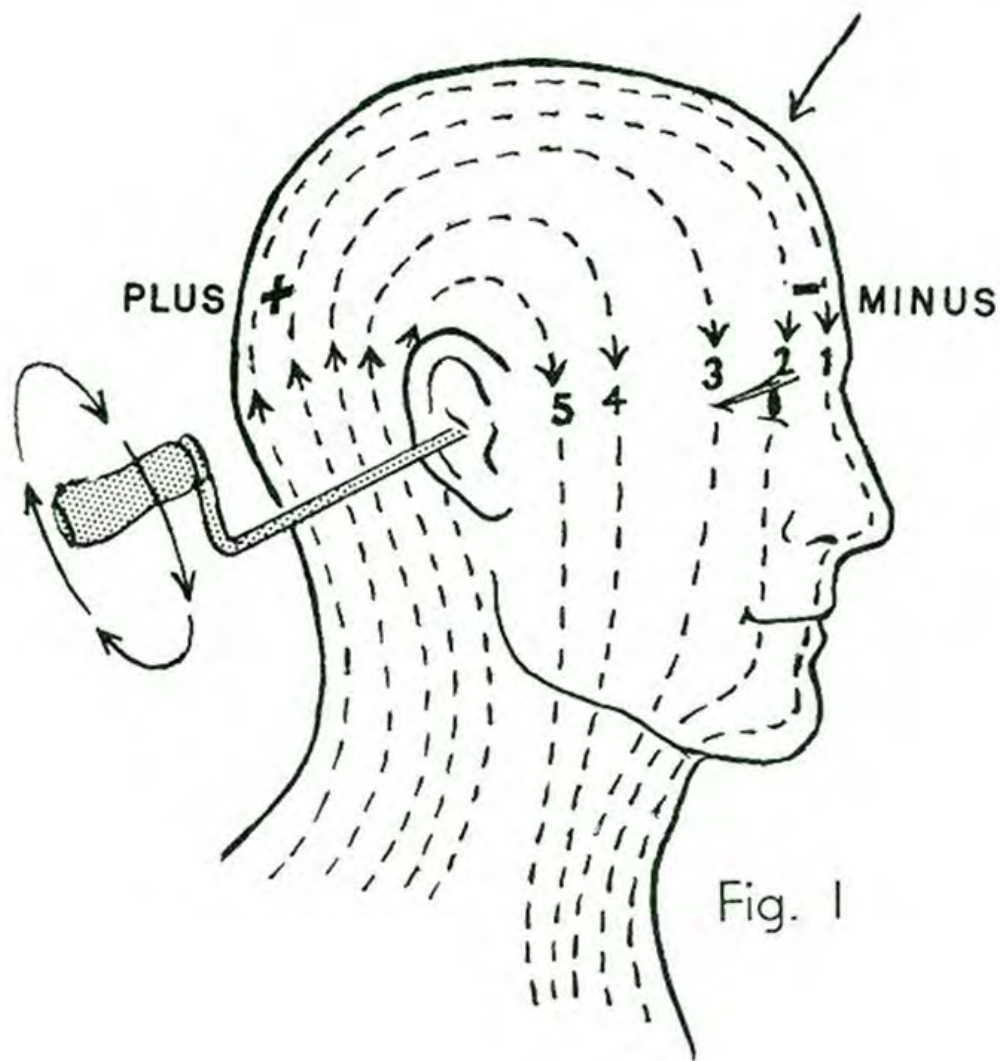


Fig. 4

CHART NO.8. ELECTRO-MAGNETIC WAVES OVER THE HEAD AREAS AND THEIR POLARITY.



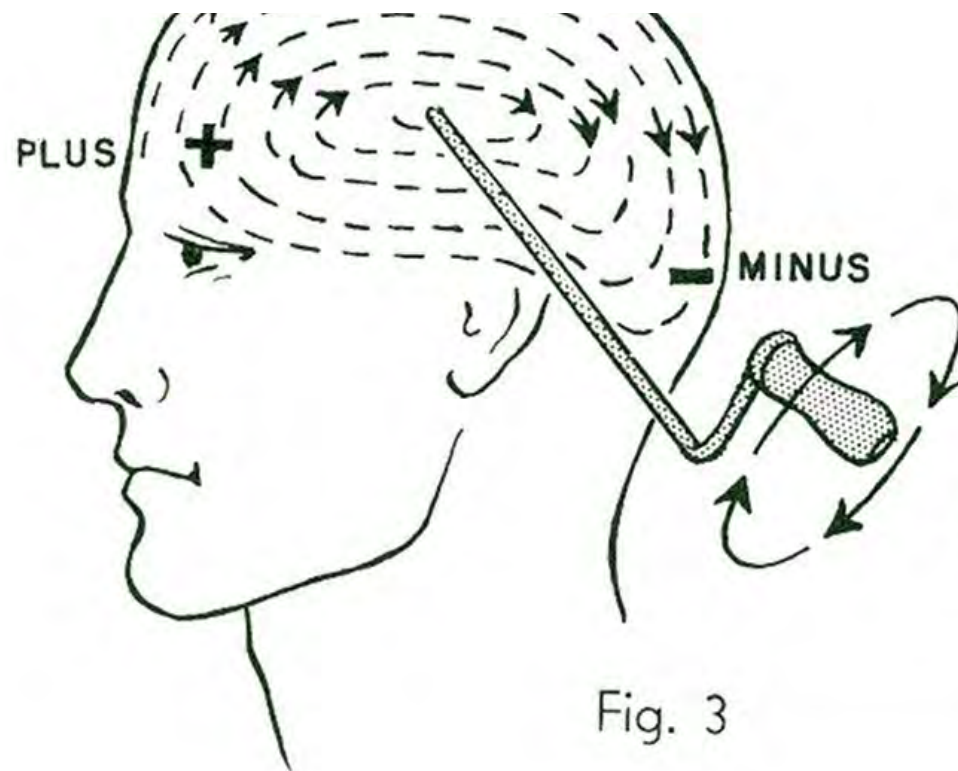


Fig. 3

**ELECTRO-MAGNETIC WAVES
FLOWING IN THE
BRAIN AREA AS ENERGY CURRENTS
IN THE POSITIVE POLE. THEN THROUGH
THE BODY STRUCTURES AS
MUSCULAR TONE AND PATTERNS OF
MOTION IN THE WIRELESS FIELD.**

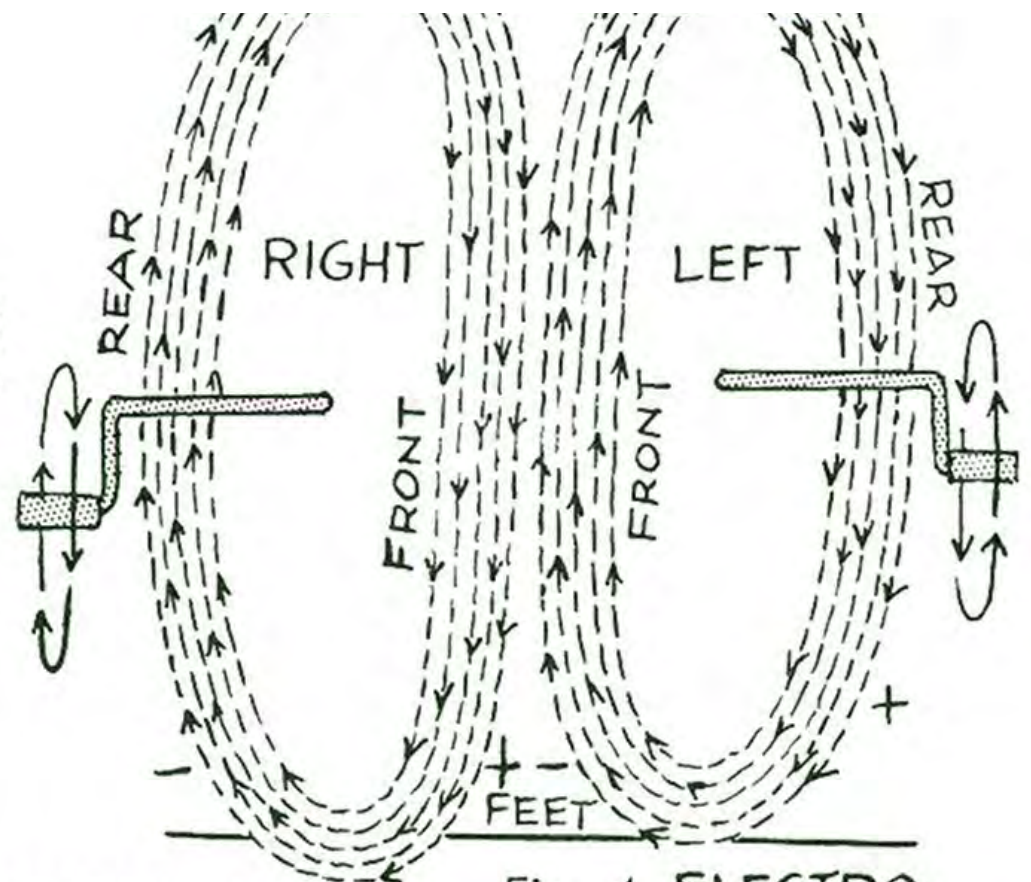


Fig. 4

**ELECTRO-MAGNETIC
CIRCUIT EXPANDED
-LONG LEG SIDE**

**ELECTRO-
MAGNETIC
CIRCUIT
CONTRACTED
-SHORT LEG**

**OVERALL BODY CIRCUITS FROM HEAD TO
FOOT ON EACH SIDE GOVERN MUSCLE TONE.**

CHART NO. 9

WIRELESS ENERGY THERAPY CHART OF THE FIVE POINTED STAR

THE GEOMETRIC LINES OF FORCE OF THIS STAR ARE IMPORTANT CONTACT POINTS FOR THE RELEASE OF ENERGY BLOCKS

FIG. 1 REPRESENTS THE ANTERIOR SENSORY ANGLES OF FORCE, AND THEIR INTERRELATIONSHIP. THE TOP OF THE STAR AT THE THROAT CENTER IS THE SOURCE OF THE CURRENT IN THE ETHERIC FIELD AND THE AUDIBLE SOUND ENERGY. IN THE PELVIC BASIN AT THE BOTTOM IS THE SUM TOTAL FORCE ACCUMULATION OF ALL THE SENSORY TENSION AND EMOTIONAL FRUSTRATION. THE TWO LOWEST POINTS OF THE STAR REST ON THE PELVIC BASIN AS A WHOLE. HERE THE INDIVIDUAL VITAL FORCE, THE ELECTROMAGNETIC CURRENTS AND THE GRAVITY PULL OF THE EARTH, ALL INTERACT. NATURE HAS PLACED THE CENTERS AND



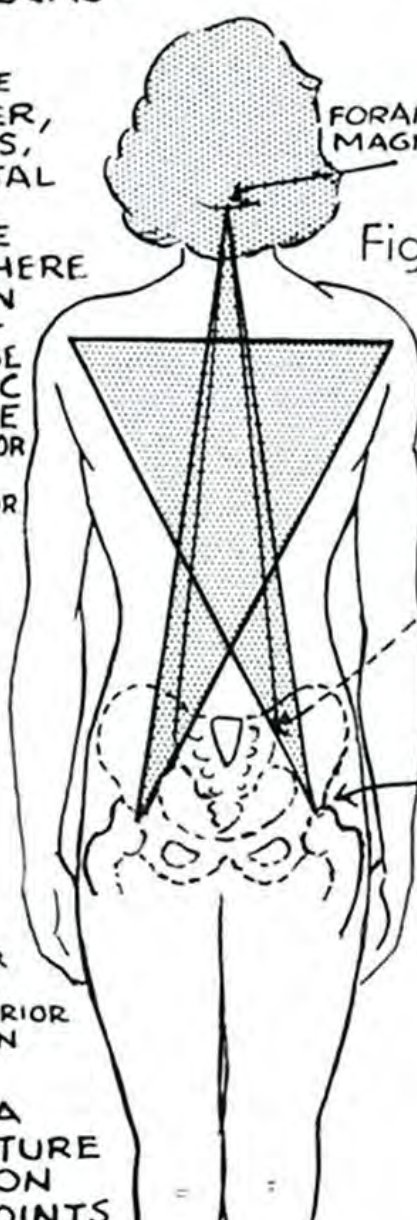
RELEASE TO THE THROAT CENTER, THE SHOULDERS, ALSO THE OCCIPITAL AND CERVICAL REGION CAN BE ACCOMPLISHED HERE BY INHIBITION AND DIRECTIONAL IMPULSE AT THIS BASIC LINE OF FORCE AS THE ANTERIOR FOUNDATION FOR ALL SUPERIOR STRUCTURES.

FUNCTIONAL REFLEX TO THROAT AND SHOULDERS

Fig. 1

THE PELVIC FLOOR HAS A DEFINITE EFFECT ON ANTERIOR PELVIC TENSION

FIG. 2 GIVES A CLEAR CUT PICTURE OF THE RELATION OF THE 2 HIP JOINTS



FORAMEN MAGNUM

Fig. 2

SACRAL ARTICULATION RELATIONSHIP

GRAVITY BALANCE TO FORAMEN MAGNUM

CONTACT POINTS AT THE INTERSECTION OF LINES OF FORCE AND ON THE FOUNDATION

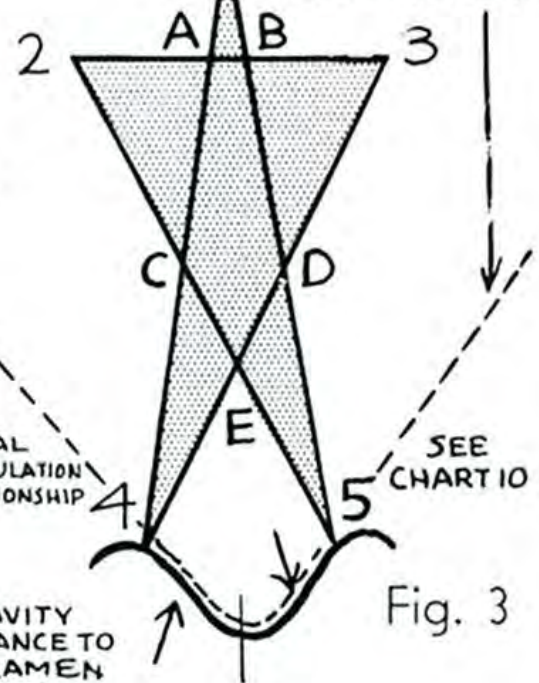
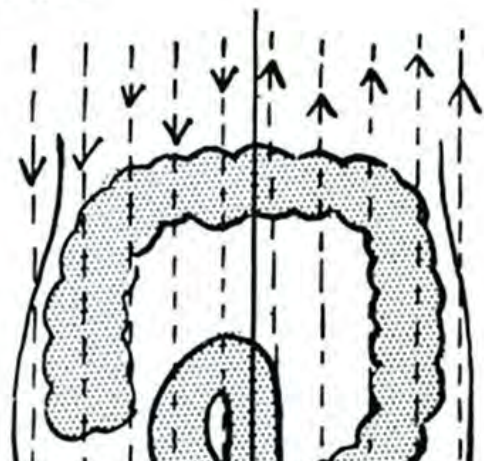


Fig. 3



OUTLETS FOR THE VITAL AND EMOTIONAL ENERGIES IN THE PELVIS. THESE CAN ALSO BE RELEASED THROUGH INHIBITION OVER THE ATTACHMENTS OF THE ABDOMINAL MUSCLES TO THE PUBIC BONE. THE PSOAS MAGNUS AND ILIACUS MUSCLES ARE ALSO VERY IMPORTANT FACTORS IN THE GRAVITY PULL - ELECTRO-MAGNETIC ACTION - UPRIGHT POSITION OF THE BODY - AND ANTERIOR POSTERIOR RELATIONSHIP OF EACH HALF OF THE BODY. THE POLARITY CURRENTS AND THE SHORT LEG ALSO HAVE A MAJOR FACTOR HERE IN FRONT. DEEP INHIBITION REACHES THEM.

PERINEAL TECHNIQUE IS VERY EFFECTIVE IN PREGNANCY WHERE PELVIC STRESS AND STRAIN CAUSES MUCH LEG PAIN.

AS THE FOUNDATION TO THE OCCIPUT, THE FORAMEN MAGNUM, AND THE POSITION OF THE HEAD INFLUENCED BY GRAVITY PULL. SHOULDER JOINTS AND HIP JOINTS IN THEIR RELATION OF DIAGONAL MUSCULAR STRESS AND LINES OF BRACING FORCE AND CROSS OVER OF TENSION RELATIONSHIP.

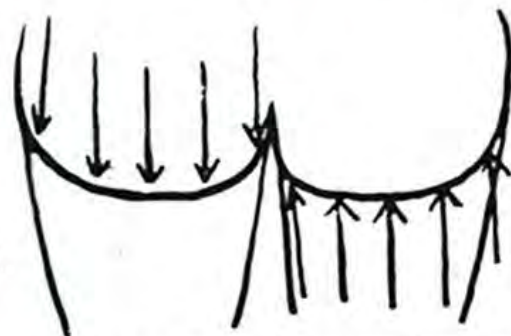


Fig. 6

LIGHT CONTACTS FOR PARASYMPATHETIC THERAPY

Fig. 4

NORMAL COLON IN RELATION TO ENERGY LINES

Fig. 5

DOWN

UP

DISTORTED COLON DUE TO ELECTRO-MAGNETIC PULL

CHART NO. 10

THE FIVE POINTED STAR IN THE HUMAN BODY AS NATURE'S GEOMETRIC KEYBOARD OF LINES OF FORCE AND THEIR REFLEXES.

ANTERIOR TENSION IS MOSTLY FUNCTIONAL AND SENSORY REFLEX ACTION FROM THE VISCERA, PLUS EMOTIONAL DISTURBANCE FROM PELVIC ORGANS. POSTERIOR TENSION IS USUALLY CAUSED BY RESISTANCE OR BLOCKS IN THE MOTOR IMPULSES WHICH ARE CONTROLLED BY SENSORY IMPULSES.

SOFT TISSUE WORK IS DONE WITH DEFINITE DIRECTIONS OF LINES OF FORCE CARRIED THROUGH THE BLOCKADE BY A STEADY PRESSURE OR STIMULI FROM ANY POLE. THE IMPACT OF THE DIRECTED FORCE ACTS UPON THE MOLECULES AND ATOMS IN THE WIRELESS CIRCUIT. IT DOES NOT HAVE TO BE AN ADJUSTMENT.

SUPERIOR POSITIVE POLE OF THE DIAPHRAGM AND RESPIRATORY REFLEXES

SHOULDER

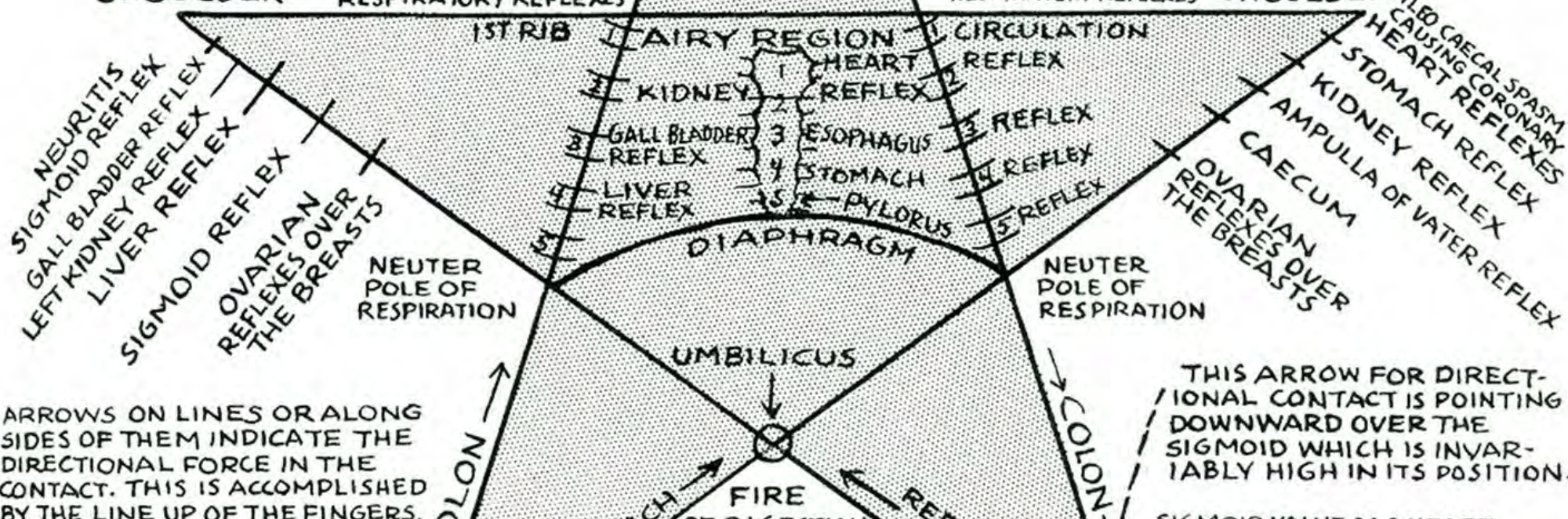
FORAMEN MAGNUM

ALL TENSION SEEMS TO ACCUMULATE IN THE NECK BECAUSE IT IS THE MAIN ETHERIC NEUTER FIELD AND THE SUM TOTAL OF THE RETURN FLOW OF ALL ENERGY FROM BELOW UPWARD TOWARD THE HEAD. TENSION CAUSES ARE MOSTLY REFLEXES WHICH MUST BE FOUND AND RELEASED. LIGHT PRESSURE SOOTHES AND RELAXES. HEAVY PRESSURE STIMULATES AND RELEASES STRONGER RESISTANCE IN THE CURRENT.

THAT WHICH IS ABOVE IS REFLECTED IN THE AREA BELOW, AND THAT WHICH IS BELOW HAS A REPRESENTATION ABOVE IN ITS GOVERNMENT.

DIAPHRAGM AND RESPIRATORY REFLEXES

SHOULDER



ARROWS ON LINES OR ALONG SIDES OF THEM INDICATE THE DIRECTIONAL FORCE IN THE CONTACT. THIS IS ACCOMPLISHED BY THE LINE UP OF THE FINGERS.

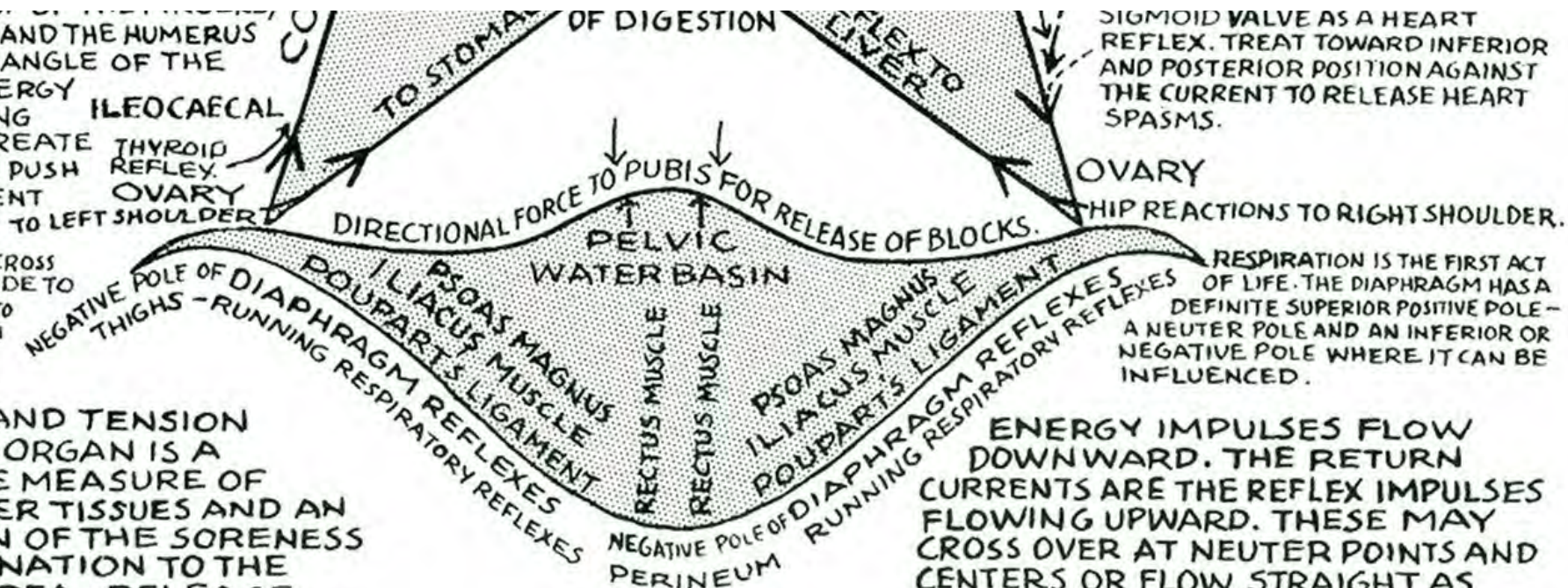
THIS ARROW FOR DIRECTIONAL CONTACT IS POINTING DOWNWARD OVER THE SIGMOID WHICH IS INVARIABLY HIGH IN ITS POSITION.

THE FOREARM AND THE HUMERUS
IN THE EXACT ANGLE OF THE
IMPACT OF ENERGY
AND HELD LONG
ENOUGH TO CREATE
A MOLECULAR PUSH
IN THE CURRENT
FLOW.

ALL LINES WHICH CROSS
OVER FROM ONE SIDE TO
THE OTHER BELONG TO
THE BIPOLAR BRAIN
REFLEX CHAIN OF
THE CADUCEUS.

SORENESS AND TENSION
OVER ANY ORGAN IS A
PROTECTIVE MEASURE OF
THE DEEPER TISSUES AND AN
EXTENSION OF THE SORENESS
AND STAGNATION TO THE
SURFACE AREA. RELEASE
ENERGY BLOCKS BY DIRECTIONAL
CONTACTS IN THE LINE OF FORCE.

ALL THE AREAS AND ORGANS WHICH THE LINES OF FORCE PASS OVER
IN THEIR ASCENDING FLOW, HAVE THEIR REPRESENTATIVE REFLEXES ABOVE THE DIAPHRAGM IN EXACTLY THE
SAME ORDER AS THEY WERE PASSED. SO THE OVARIES AND PELVIC ORGANS HAVE THEIR REFLEX IN THE BREASTS
ON THE OPPOSITE POLARITY SIDE. OTHER ORGANS FOLLOW IN LINE AND CAN BE TRACED. BY THE SAME TOKEN
THE DIAPHRAGM HAS A DEFINITE REFLEX BELOW POUPART'S LIGAMENT ON THE MUSCLES OF THE THIGHS ON EACH
SIDE. THIS IS A VALUABLE REFLEX TO RELEASE IN SPASMS OF THE DIAPHRAGM.



SIGMOID VALVE AS A HEART
REFLEX. TREAT TOWARD INFERIOR
AND POSTERIOR POSITION AGAINST
THE CURRENT TO RELEASE HEART
SPASMS.

Ovary
HIP REACTIONS TO RIGHT SHOULDER.

RESPIRATION IS THE FIRST ACT
OF LIFE. THE DIAPHRAGM HAS A
DEFINITE SUPERIOR POSITIVE POLE -
A NEUTER POLE AND AN INFERIOR OR
NEGATIVE POLE WHERE IT CAN BE
INFLUENCED.

ENERGY IMPULSES FLOW
DOWNWARD. THE RETURN
CURRENTS ARE THE REFLEX IMPULSES
FLOWING UPWARD. THESE MAY
CROSS OVER AT NEUTER POINTS AND
CENTERS OR FLOW STRAIGHT AS
ELECTRO-MAGNETIC LINES OF FORCE
AND AS GRAVITY IMPULSES.
CURRENT RESISTANCE ANYWHERE
BECOMES REFLEX PAIN.

CHART NO. II

ENERGY THERAPY CHART OF THE LINES OF FORCE OF THE INTERLACED TRIANGLE

EACH OVAL AREA IS
POLARIZED INTO SUPERIOR +
MIDDLE ○ AND LOWER - POLE.
THE NEGATIVE GATHERS
THE FORCE AND BECOMES
POSITIVE TO ALL CENTERS
BELOW IT

GOD GEOMETRIZES

SPACE OF SPIRITUAL INFLUX PICTURED AS ATHENA
IN THE HEAD OF ZEUS

PUBIC REFLEXES
TO THE
SINUSES

CREATION OF IDEAS ABOVE
SEEING

ONE BASE
ABOVE AS THE
POSITIVE POLE

THE BASE OF
THE UPPER
TRIANGLE OF
INNER ENERGY
IS THE LIFE FORCE
WITH ITS POSTER-
IOR + SUPERIOR
POLE IN THE
MEDULLA
OBLONGATA.
IT REFLECTS
VITAL ENERGY
TENSION AND
GRAVITY BY
THE POSITION
OF THE HEAD

THE BASE OF
THIS LOWER
TRIANGLE IS THE
VITAL FORCE.
IT IS A MIXTURE
OF COSMIC WATER
AND EARTH ENERGY
WHICH REACTS TO
GRAVITY BY THE
POSITION OF
THE SACRUM

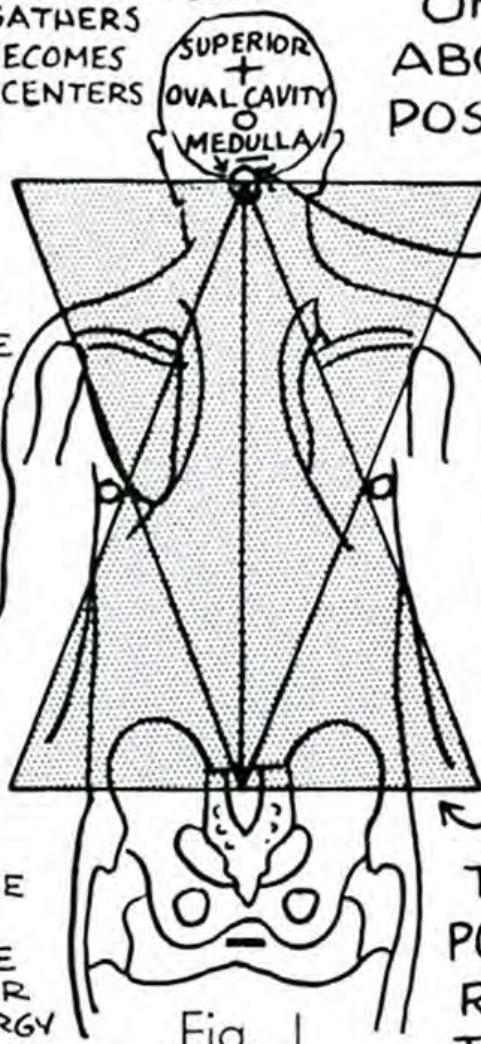


Fig. 1

THE UVULA
+ POLE INSIDE

THE DIAPHRAGM
AS THE ○ NEUTER
FUNCTIONING
POLE

THE RECTUM
AS THE - NEGATIVE
FUNCTIONING
POLE

ONE BASE
BELOW AS
THE NEGATIVE
POLE AND ENERGY
RESERVE IN
THE SACRUM

RELATIONSHIP OF ENERGY LINES AND GRAVITY
STRESS IN THE PELVIS. THROUGH THIS FLUID
WITHIN THE SACRUM THE INDIVIDUAL VITAL FORCE

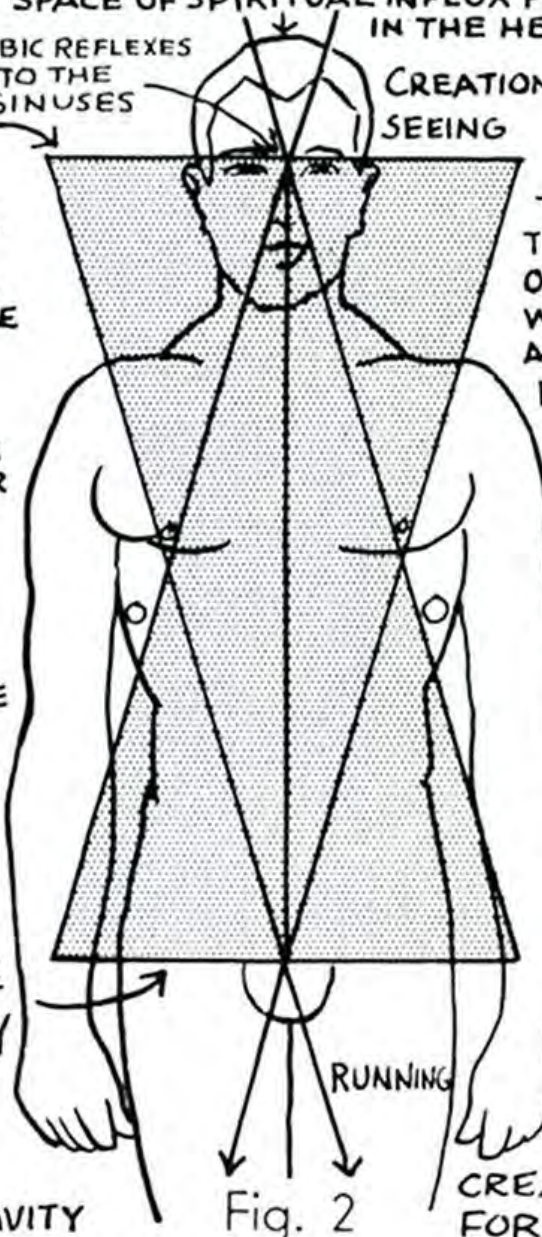


Fig. 2

DURA MATER

THE UPPER
TRIANGLE CONVEYS
THE FIERY ENERGY
OF THE HEAD DOWN-
WARD AS WARMTH
AND LIGHT FOR
DIRECTION OF
MOTION. IT ALSO
CONVEYS THE
LIFE ENERGY
OF BREATH AND
AIR MIXED IN THE
CARBURETOR
OF THE HEART
AND DISTRIBUTED
THROUGH THE
CIRCULATION OF
THE BLOOD TO
EVERY CELL IN
THE BODY KEEP-
ING THEM ALIVE.
THIS ENERGY
IMPULSE IS THE
PUSH BEHIND
THE CIRCULATION.

CREATION OF
FORMS BELOW

WHEN THIS SLEEPING
FORCE IS LIFTED UP
TO THE BRAIN
BY INTENSE
CONCENTRATION
AND
DEVOTION
THE SERPENT
POWER

ASCENDS UPWARD
ON THE TREE
OF LIFE WHENCE
IT CAME. THIS
ENERGY THEN
AWAKENS THE
LATENT SLEEPING
FORCE IN THE
PINEAL GLAND (THE
PINE CONE CENTER)
AND UNFOLDS THE
PATTERN OF COSMIC
CONSCIOUSNESS.

RELATES TO EARTHINESS AND JOINS WITH GRAVITY
BY ITS ATTRACTION
TO EARTH

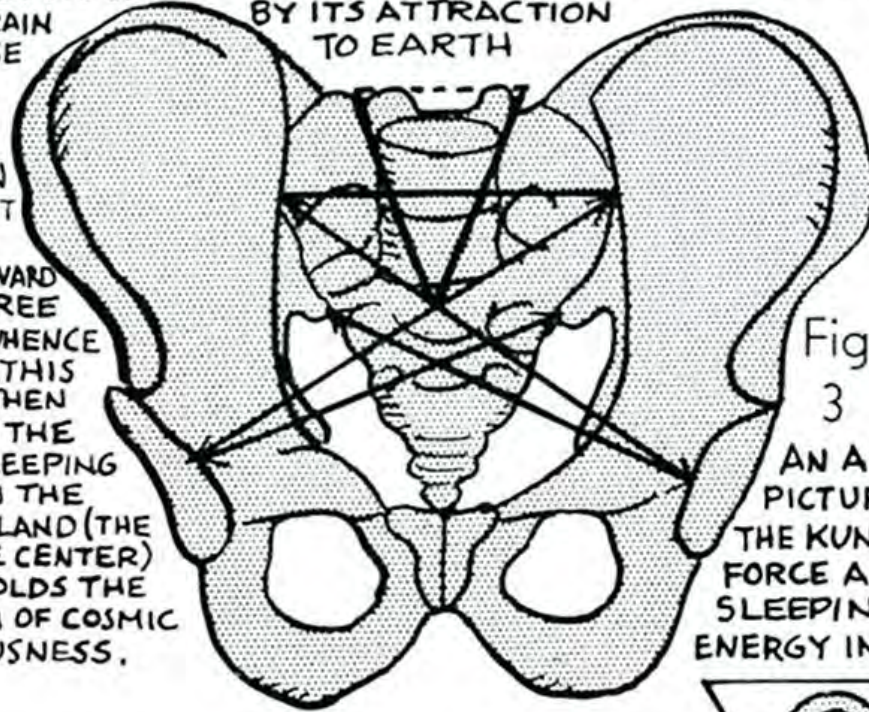


Fig.
3

AN ANCIENT
PICTURE OF
THE KUNDALINI
FORCE AS THE
SLEEPING VITAL
ENERGY IN THE SACRUM

THE TRIANGLE WITHIN THE SACRUM
IS THE SEAT OF STORED UP VITAL
PATTERN ENERGY AS THE NEGATIVE
POLE OF THE BRAIN FLOWING THROUGH
THE CENTRAL CORE. IT IS A TRIUNE
ENERGY HIGHLY POLARIZED BY INTENSE
ATTRACTION WITHIN ITSELF AND EXTERNALLY.

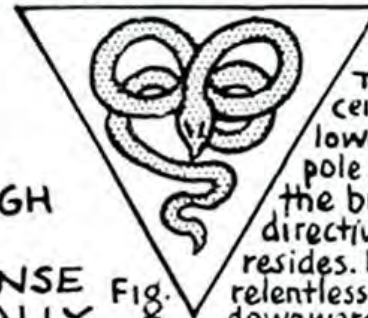
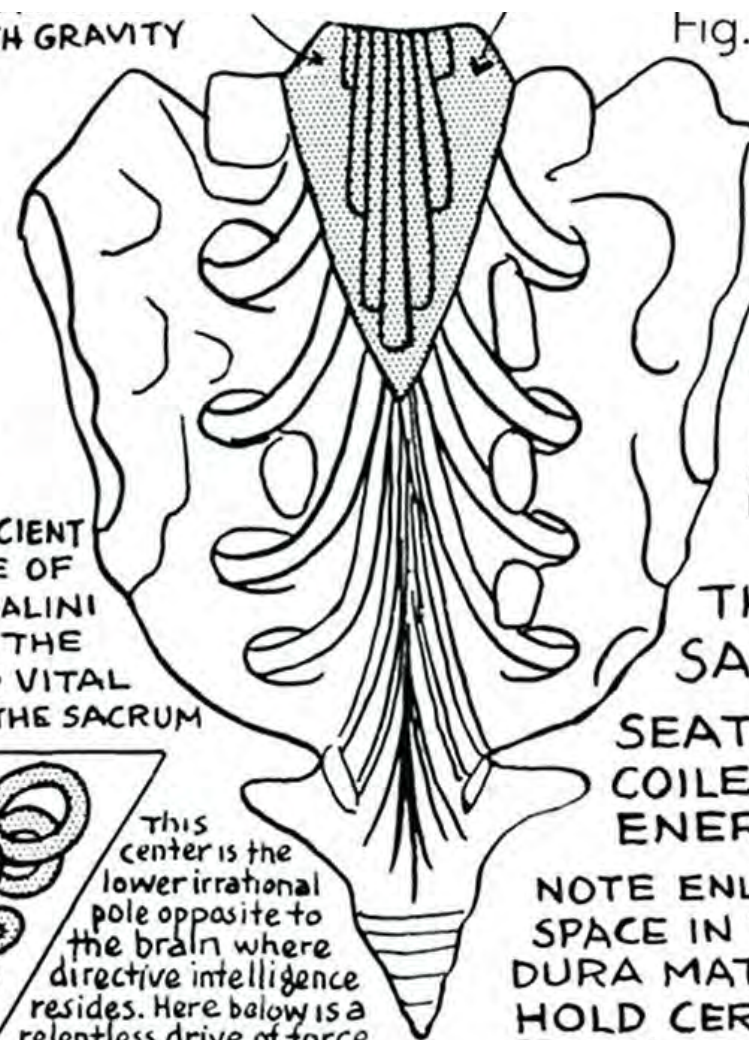


Fig.
5

This
center is the
lower irrational
pole opposite to
the brain where
directive intelligence
resides. Here below is a
relentless drive of force
downward and outward
like a mainspring coiled up
and tense.

Fig. 4



THIS ENERGY
BECOMES
THE BOW OF
THE ARCHER
SAGITARIUS
THROUGH THE
EXPRESSION
OF FORCE IN
THE THIGHS
DIRECTED
UPWARD OR
DOWNWARD

THE
SACRUM

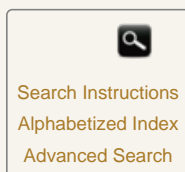
SEAT OF
COILED UP
ENERGY

NOTE ENLARGED
SPACE IN THE
DURA MATER TO
HOLD CEREBRO
SPINAL FLUIDS



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Book 4: The Mysterious Sacrum - The Key to Body Structure & Function



[Index of Transcribed Charts](#)

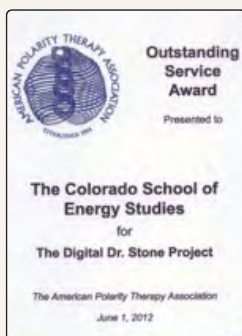
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Comments on Reprint of [Chart No. 11 from Book II](#)

This chart endeavored to illustrate in geometric outlines, some of the psychophysiological principles which are also presented in [chart No.4 of book III](#).

An interior and posterior view of the human body is given in figures 1 and 2, with the interlaced triangle of the "Seal of Solomon the King"^[1] (the dweller in the body) placed correctly in the house of God (the human body). The temple built by King Solomon contained great mystery and symbolic meaning.

Posteriorly, the base of the upper triangle cuts through the foramen magnum of the occipital bone, the ring of Solomon, where the automatic [autonomic] or magic actions take place, which build and preserve the temple not built by the hand of man.

The apex of this triangle dips into the very center of the sacral fluid, at a point midway between its articulating center on each side. The above and below unite in a synchronized triune action of this triangle. This is one of the secrets of Solomon, the king who lives in this temple but has lost the key to the secret.

The other triangle has its base in the pelvis, and its line crosses the exact center of the sacral articulations and touches the point of the upper triangle in the middle of the cerebrospinal fluid in the center. This is the "living geometry of life's vital force" as motor energy in the sacrum. It is symbolized by a cobra, ready to strike, and is called the "Kundalini" in the Tantric philosophy of India. (See figure 5 near the bottom of this chart.)

The apex of this triangle joins the center of the cord about in the floor of the fourth ventricle, in the medulla oblongata, where the center of the automatic [autonomic] life energy seems to operate. Again, this shows that our mere structural relationship of bones and tissues and muscles is not the "secret of the king" who is vitality and life itself in the body of clay. It definitely points to a deeper relationship, latent in the structure of the sacrum, to that of the automatic life center.

Figure 2 illustrates the same relationship in front of the body, by the proper placing of Solomon's triangles. The base of the upper triangle cuts through the seat of the center of consciousness, a point between the eyebrows. This is the sensory center of mind function, as perception, through mind and light waves. This becomes the fire in the eyes, as the positive pole, and the heat that digests food in the neuter [neutral] pole of the abdomen, and it becomes the motion center of running, expressed in the thighs as the negative pole. It is all linked together as "seeing, preserving, nourishing and motion", to prevent the body from running into danger.

This apex goes to the very center of the pubic bone and becomes the involuting vital perservative [preservative] and regenerative energy consciousness which not only preserves and nourishes the body but is instrumental in continuing the line of the specie.

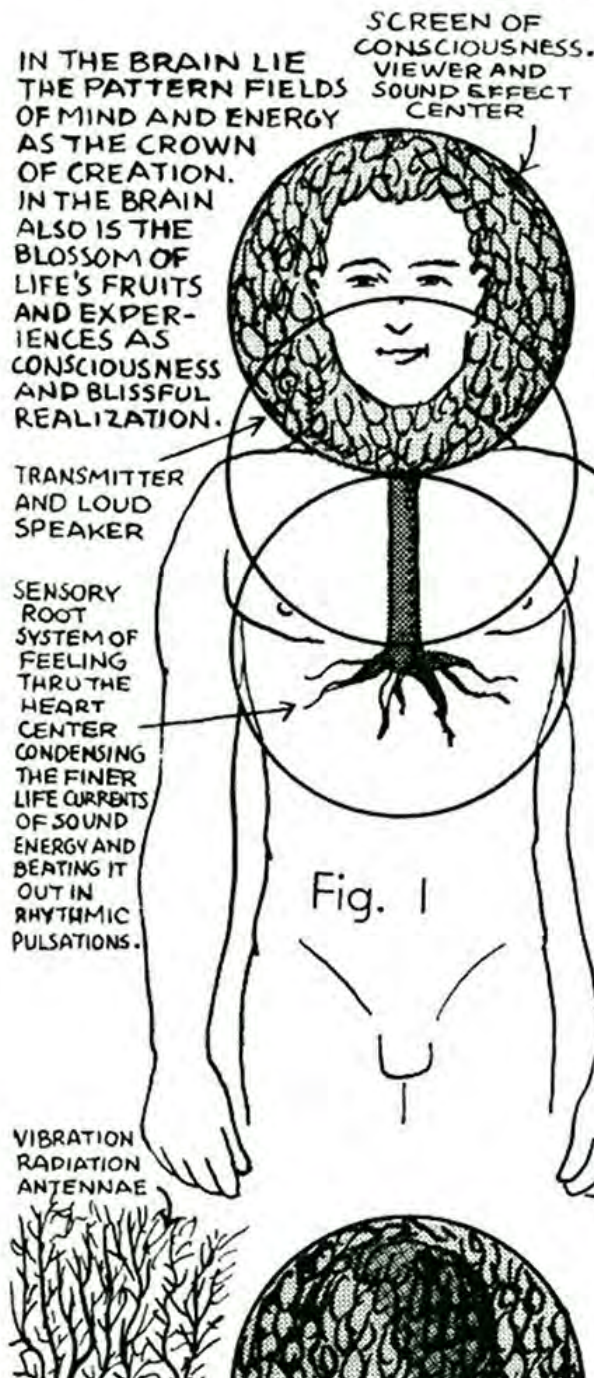
The lower anterior triangle has its base at the apex center of the upper one and dips lower in front in the pelvis to cross the pubic arch, below the great trochanters of the femur. Its upper point is at the center of consciousness, between the eyebrows, as mentioned before, where it crosses the base line of the superior triangle and leaves a wedge-like space in the brain area, where the goddess of WISDOM, also known as Pallas Athena, or Minerva resides

in the golden-locked head of Zeus or Jupiter.^[2] This may be a myth but, strange to say, all the spiritual faculties of man are exactly related to this central upper area of the brain.

¹ The six-pointed star, or Star of David.

² According to Greek legend, Athena sprang fully grown from the brow of Zeus.

CHART NO.12 TREES OF LIFE IN MAN. DIVINE AND PHYSICAL. EMPHASIS OF PAST AND PRESENT VIEWPOINTS.



TREES ARE ENERGY FORMS GROWING IN GARDENS — OVALS AND SPHERES OF COMPOSITE ENERGY FIELDS OUT OF THEIR VERY GROUND OR CENTERS AND BRING FORTH FRUIT THRU EXPERIENCE. THE TREE OF LIFE IS PORTRAYED HERE IN THE VERY CENTER OF THE GARDEN THE TEMPLE OR BODY OF MAN IN THE ETHERIC VIBRATORY SPHERE OF EDEN ABOVE THE FIRMAMENT OR DIAPHRAGM. TREES, IN SCRIPTURES HAVE A DEEPER MEANING, LIKE THE CHRISTMAS TREE FOR THE PINE CENTER IN THE BRAIN, THE PINEAL GLAND FUNCTION OF ILLUMINATION. THE SEPHIROTH TREE OF LIFE OF THE KABALAH, THE SECRET DOCTRINE OF ISRAEL, HAS A SIMILAR DESIGN AS FIG. 3 OF THE NERVOUS SYSTEM. ALL EMANATIONS IN CREATION ARE CENTRIFUGAL AND DESCEND FROM KETHER, THE CROWN OF CREATION, THE BRAIN, AS THE POSITIVE POLE, CHOCMA, THE CENTER OF WISDOM, OF CREATIVE SPEECH, EQUALS THE MIDDLE SPHERE OF FIG 1. BINAH, UNDERSTANDING, THE HEART CENTER OF COMPREHENSION THRU FEELING REPRESENTS THE LOWER SPHERE OF THE TRIAD AS THE NEGATIVE POLE. BOHME'S TREE OF LIFE REPRESENTS THE CENTRIPETAL ENERGY OF CONTEMPLATION AND ILLUMINATION.

THE GREAT PYRAMID OF GIZEH IS A SYMBOL OF THE TEMPLE OF MAN IN WHICH

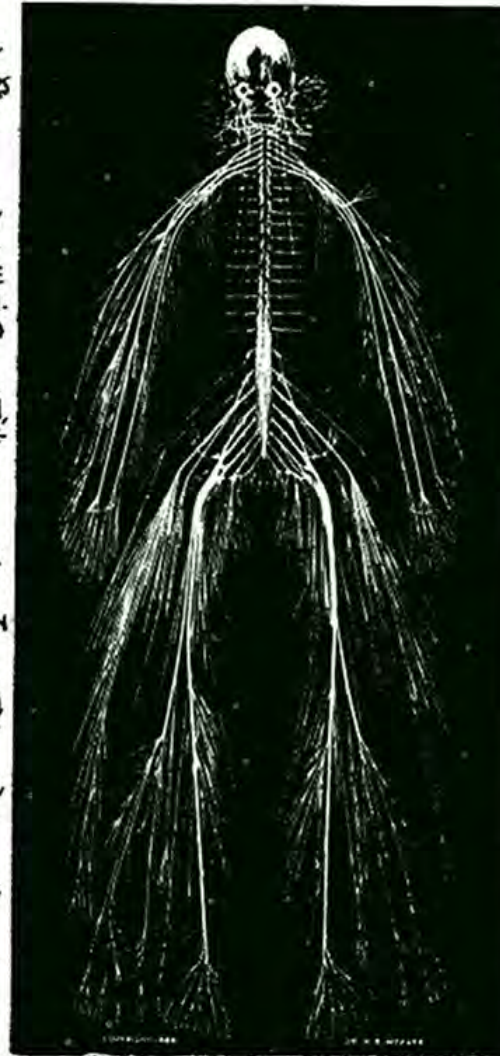


Fig. 3

MAN'S NERVOUS SYSTEM EMANATING FROM THE BRAIN AS ITS ROOT AND SOURCE LIKE THE KABALISTIC TREE OF LIFE. PHYSICAL TREES OF LIFE IN THE BODY OF MAN ARE PATHWAYS OF THE ENERGY CURRENTS FOR THE EXPRESSION OF THE 5 MOTOR AND THE 5 SENSORY SENSES LIKE THE 10 SEPHIROTHIC CENTERS OF THE SEPHIROTHIC TREE OF LIFE. THE CIRCULATION CIRCUITS OF THE BODY FLUIDS OF BLOOD AND LYMPH REPRESENT ANOTHER TREE OF LIFE WITH ITS FRUIT. THE MUSCULAR STRUCTURE REVEALS ANOTHER TREE WITH BRANCHES THAT LOOK LIKE A COMPLETE MAN. THE EXTERNAL AND INTERNAL SKIN REVEALS A SIMILAR DESIGN. THE BONY SKELETON IS ALSO A FORM OF A TREE IN MAN.

THESE 5 TYPES OF TREES ARE THE 5 MODES OF ENERGY SPINNING AS SPHERES OR FIELDS AND OUT OF THEIR CENTERS. — CURRENTS ARISE AS A NEW PATTERN OF COMPOSITE ENERGY WHICH HAS THIS SYMBOLIC FORM OF LIFE, AS A NATURAL GROWTH. ALL CELLS ARE ELECTRO-MAGNETIC CONDUCTORS AND OSCILLATE. THEY RESPOND TO ALL 5 MODES OF ENERGY FLOWING THRU THEM CONSTANTLY; CALLED PRANA IN THE EAST.

IN THE PYRAMID OF MATTER ALL DIMENSIONS OF PAST AND

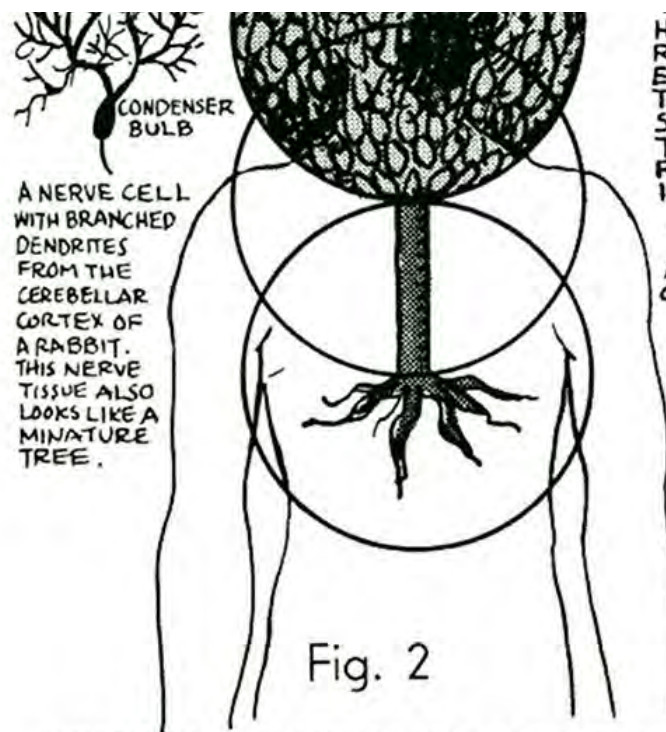


Fig. 2

ANTERIOR AND POSTERIOR VIEW OF THE DIVINE TREE OF LIFE IN MAN AS SEEN BY JACOB BÖHME IN THE 16TH CENTURY. ITS ROOTS ARE IN THE HEART CENTER OF FEELING, LOVE AND DEVOTION, GROWING UPWARDS INTO THE DIVINE WORLD OF IDEAS, IT BRINGS FORTH THE FRUITS OF KNOWLEDGE AND ILLUMINATION.

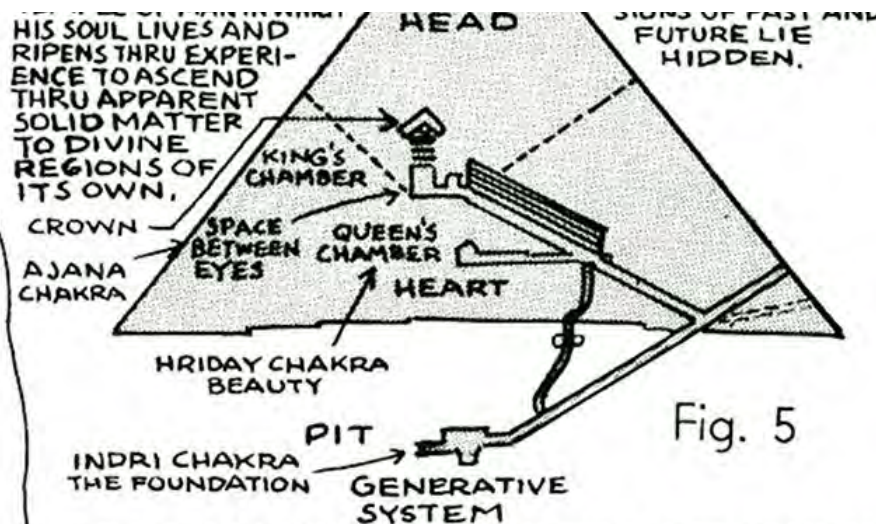


Fig. 5

THE PYRAMID RISES OUT OF MOTHER EARTH AS ONE SOLID STRUCTURE OF STONE 486 FEET HIGH COVERING 13 ACRES. THE BASE OF EACH OF THE FOUR TRIANGULAR SIDES IS 764 FEET LONG. THESE SYMBOLIZE THE FOUR POLARIZED PRIMARY ELEMENTARY FORCES OF MATTER LIKE THE FOUR RIVERS OF GENESIS FLOWING OUT OF ONE RIVER. SEE PAGES 8-9-10 AND ILLUSTRATIONS ON PAGES 30-31 IN "THE NEW ENERGY CONCEPT OF THE HEALING ART." THE BASE OF THE GREAT PYRAMID IS THE TERRA FIRMA OR THE FIRMAMENT OF THE DIAPHRAGM. IN THAT, IT AGREES WITH THE DIVINE TREE OF BÖHME. THE PIT, OR THE GENERATIVE SPHERE IS BELOW THE EARTH SPHERE OF THE ABDOMEN IN THIS WORLD OF MOTHER EARTH AND NATURE WHICH SUPPORTS THE STRUCTURE ABOVE IT ON THIS EARTH. THE LIMESTONE COVER WHICH ONCE GLISTENED IN THE SUNLIGHT REPRESENTED THE SKIN.

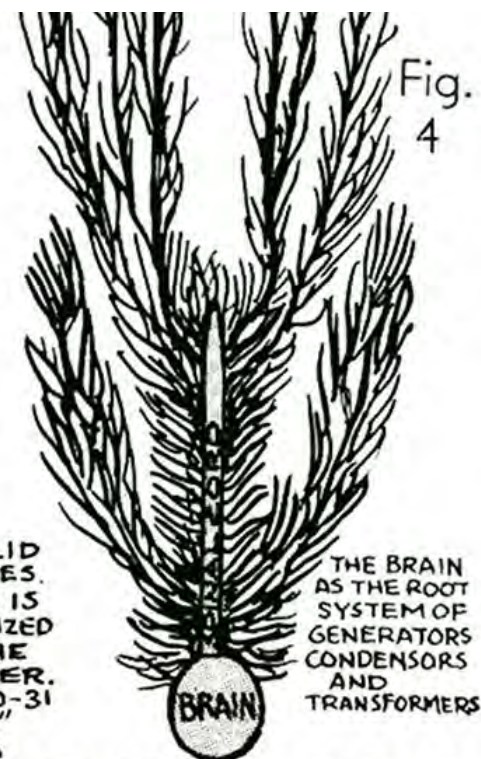


Fig. 4

FIG. 3 INERTED; PLANTED LIKE A TREE WITH ITS ROOT SYSTEM IN THE GROUND. MAN IS A HIGHER CREATION WITH HIS ROOTS IN HEAVEN AND HIS FEET ON THE EARTH.



Writings of Polarity Therapy founder
Randolph Stone, DO, DC, ND (1890-1981)
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Book 1: Energy - The Vital Polarity in the Healing Art



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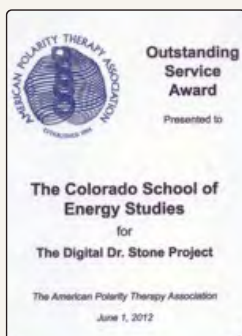
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A Perspective Viewpoint of the New Energy Concept of the Healing Art

The physical anatomy of man is the accepted foundation and starting point of nearly all the healing arts today. Such a concept rests upon matter, the gross product, rather than on the fine energy currents which wove the pattern of the body and which continue to animate it throughout life. The general practice today is grossly physical rather than atomic in its principle and application. The idea of energy fields in action through physiological functions, according to the finer lines of force and mind energy patterns, is not yet generally accepted. But we all know that there was a psychological, WIRELESS ENERGY prior to existence of the physiological and material one, otherwise it could not function through it.

This is precisely the way life starts in this world and it is so stated in the Holy Scriptures. Out of the finer Essence of no thing, all was created. Every seed is a unit of life in itself, locked up as a mental pattern in each seed according to its kind. A chicken egg becomes a chick, a turtle egg hatches out as a turtle, etc. The actual life cycle of any living being starts out as a psychological process of ENERGY LINES OF FORCE which are liberated as positive energy from the male seed and as negative energy from the female seed. These are the vitelline substances or centers in the egg.

In human life this cycle also starts at conception as a polarizing energy principle by the union of the male and female prior to the birth of the child. Hence birth into this world is not the beginning of this unit of life called an embryo in the mother's womb. But birth is the finished pattern of this unit, when it is ushered into the world where it should act and express itself as an intelligent being.

This life pattern began by the energy current flow in the male spermatozoon and in the female ovum center of vitelline jelly substance, like a thread in a shuttle which travels forward and backward to weave the most wonderful fabric of life, called the human body! The pattern of the body was supplied by the mental and vital energy of the parents, according to their kind and stature. Of course, heritage goes back much farther than that, and much more is involved, but this is the general rule.

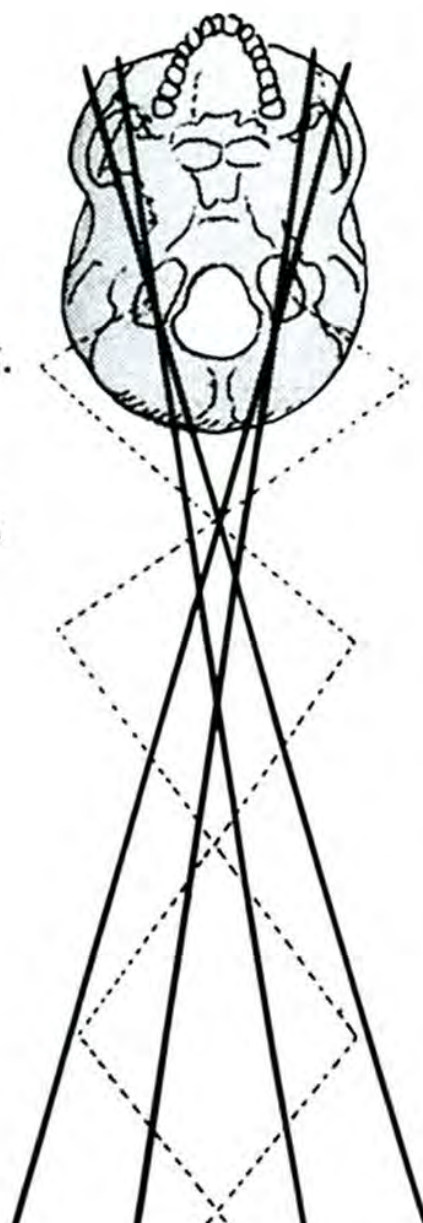
However, the soul which inhabits this body is a unit of consciousness from another sphere, of much finer Essences. If it were not so, it could not maintain itself as a unit later, when fully matured. And children are different from their parents and from each other, in every family, even though the physical pattern may be the same. Each incarnating soul or entity brings with it a design of life, of its own, by which it differs from others.

The polar essence of the biological energy current upon

CHART NO. 13. A GEOMETRIC RELATIONSHIP OF LINES OF FORCE OF ENERGY CURRENTS, GRAVITY AND WEIGHT BEARING SURFACES OF THE BODY.

THE RELATIONSHIP OF THE HEAD TO THE PELVIS IS A VITAL ONE OF A POSITIVE TO A NEGATIVE POLE. THE DOTTED LINES ARE THE POLARIZED DUAL BRAIN CURRENTS OF THE CADUCEUS, CROSSING OVER IN EVERY CENTER AND PRODUCING ACTIONS AND REACTIONS. THESE LINES OF STRESS CAN BE SEEN IN THE MUSCULATURE OF THE BACK IN IRREGULAR CROSS-OVER PATTERNS OF TENSIONS. THE CAUSES MAY BE IN THE PELVIS OR FOUND ANTERIORLY AS FUNCTIONAL REFLEXES CROSSING OVER TO THE SUPERIOR AND POSTERIOR. BOTH CAN BE TRACED AND RELEASED.

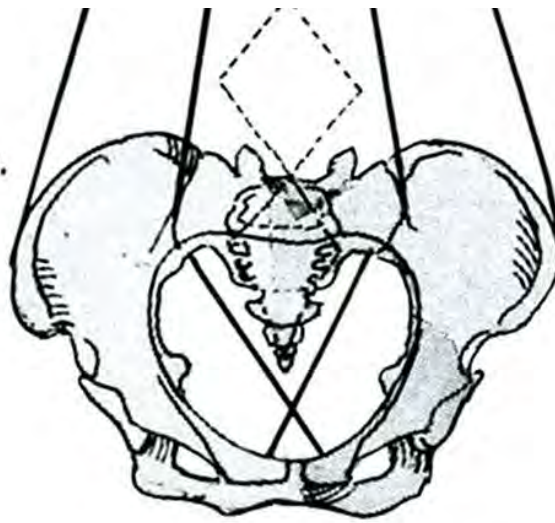
THE RELATIONSHIP OF THE SYMPHYSIS PUBIS AND THE SACROILIAC ARTICULATION IS CLEARLY SHOWN AS WELL AS ITS INTERRELATED SUPERIOR REFLEXES. THE CROSSING OVER OF THE BRACING LINES OF FORCE



THE TWO ARTICULATING SURFACES OF THE SACRUM AND ILIUM HAVE A DIRECT BEARING AND RELATIONSHIP ON THE CONDYLES OF THE OCCIPUT AND THE ATLAS. THE SUPERIOR RESTS ON THE INFERIOR BY GRAVITY PULL. IT IS ALSO UNDER STRESS OF REACTIONS FROM ITS OWN POLARITY AND REFLEX CURRENTS OF THE ELECTRO-MAGNETIC FIELDS IN THE BODY EVEN WHEN RESTING. EACH OF THE FIVE OVAL AND FUNCTIONING CAVITIES AND CENTERS CAN PRODUCE DEFINITE BLOCKS AND REFLEXES. MENTAL DISTRIBUTING WAVES CAN PRODUCE BLOCKS ANYWHERE ESPECIALLY IN THE VITAL CENTRAL AXIS. THESE ALSO CAN BE TRACED AND RELEASED AS MENTAL EMOTIONAL BLOCKS, IN A SURPRISING MANNER. THE PERINEAL, COCCYGEAL AND PUBIC THERAPY ARE POWERFUL FACTORS AS WELL AS REFLEXES FOUND IN THE FEET, THE MOST NEGATIVE POLE. VOMITING RELEASES THE STOMACH AND THE FIFTH DORSAL ALSO THE DIAPHRAGM AND THE HEAD REFLEXES.

THE REFLEX LINES FROM THE CAVITY OF THE ILIUM AND ITS BRIM AND ALONG THE UPPER PART OF THE POUPART'S LIGAMENTS, ARE MOSTLY FUNCTIONAL, DIGESTIVE REFLEXES FROM THE SIGMOID CAECUM OR CONGESTION

FROM THE WEIGHT BEARING
SACRAL ARTICULATION IS ABOUT
THE FIFTH DORSAL VERTEBRA.
THAT HAS A GREAT BEARING ON
MIDDLE BACK PAIN AND INDIGESTION.
IT ALSO SHOWS IN REVERSE HOW
INDIGESTION CAN CAUSE LUMBAGO
AND SACROILIAC TROUBLE, AND
FURTHER IT PUTS DIGESTIVE
TROUBLE RIGHT IN THE MIDDLE
AS A CAUSE OR AN EFFECT OF
MANY PAINS IN THE BACK OF
THE HEAD, OCCIPITAL PAINS,
FRONTAL HEADACHES, ATLAS
ARTICULATION TROUBLE, ETC



STOMACH, CHOLECYST, OR CONGESTION
OF THE AMPULLA OF VATER. THESE
CROSS OVER AT THE FIFTH CERVICAL
VERTEBRA. THAT IS LITERALLY
CATCHING IT IN THE NECK. STIFF NECKS
AND TORTICOLLIS HAVE THEIR FOUND-
ATION HERE. FINDING IT IN THE
NEGATIVE POLE AS A CAUSATIVE
BLOCK WILL RELEASE THE SEVERE
PAIN DUE TO SPASMS FROM
REFLEXES BELOW. ONLY WHEN
THESE BLOCKS ARE REMOVED WILL
THE SPASM SUBSIDE AND INHIBITIVE
THERAPY AND DRAINING THE FIBRES
OF CENTRAL CONGESTION BE ATTEMPTED.
REMOVING CAUSES AND BALANCING
OF THE ENERGY CURRENTS BY POLAR-
IZING THE ABOVE WITH THE BELOW,
IS THE INDICATED THERAPY. ALSO
LOOK TO THE STOMACH REFLEX AND
DIETETIC ERRORS.

CHART NO.14.

NORMAL MUSCULAR FIBRES WHERE THE ELECTRO-MAGNETIC CURRENTS FLOW FREELY

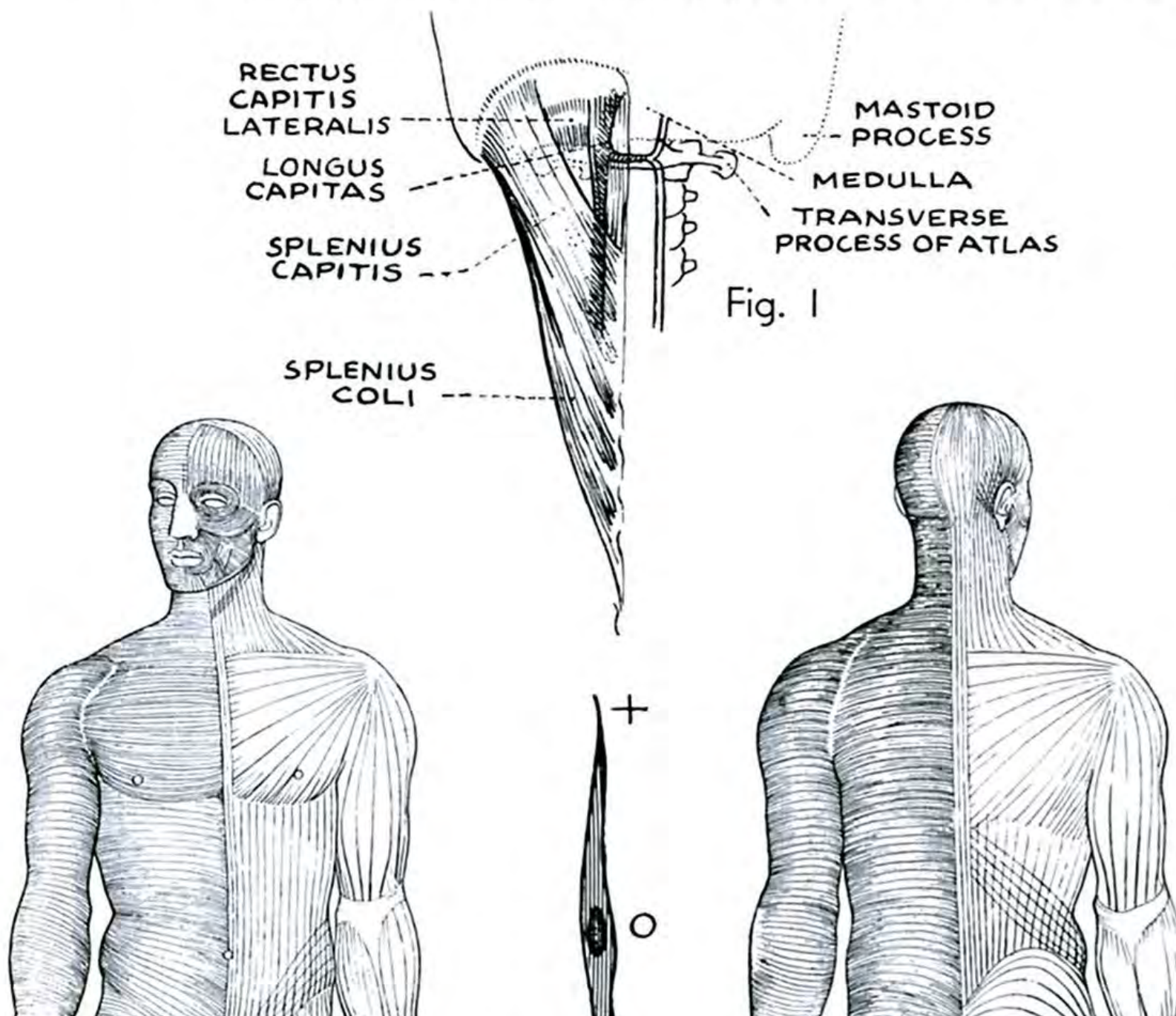


Fig. 2

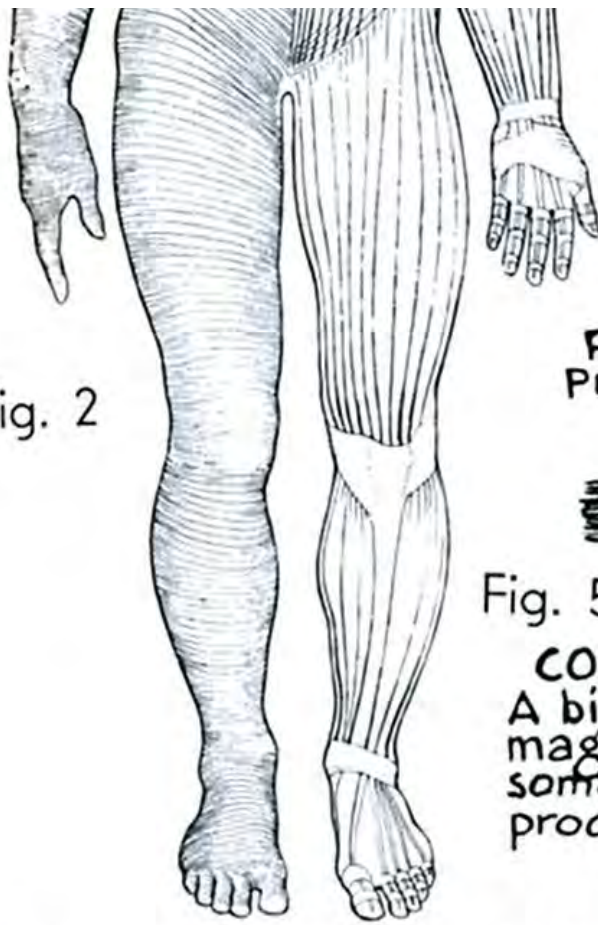


Fig. 4

A Muscle Cell
from the walls
of the intestine

PHYSIOLOGY, 1909 by
Profs. Conn and Budington

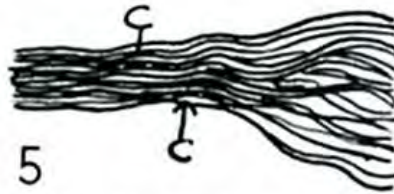
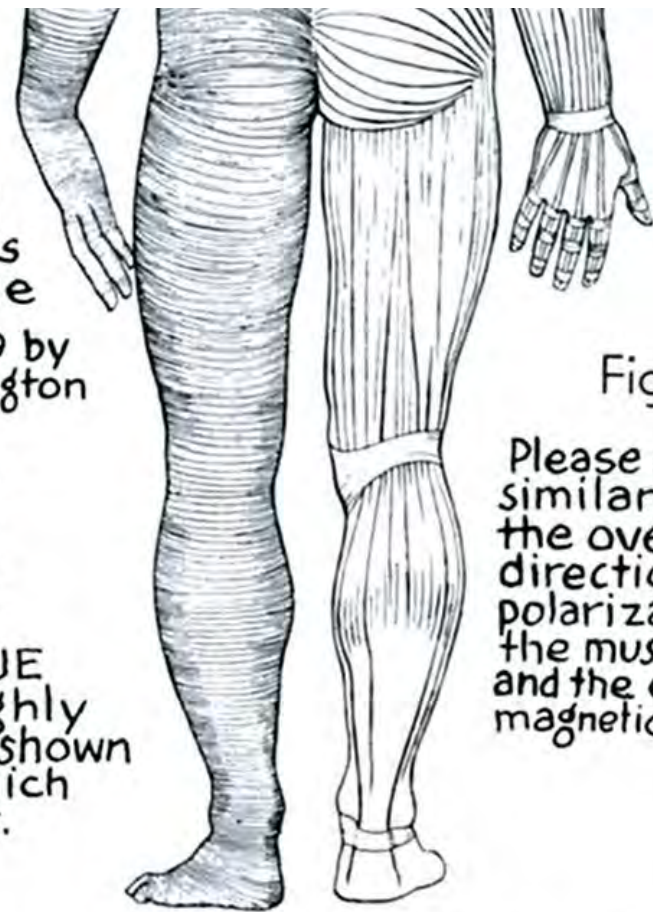


Fig. 5

CONNECTIVE TISSUE
A bit of tendon highly
magnified. At C are shown
some of the cells which
produced the fibers.

Fig. 3

Please note the
similarity of
the over-all
direction of the
polarization of
the muscle fibres
and the electro-
magnetic circuits.



ANATOMICAL DRAWINGS FROM THE HUMAN MACHINE AND ITS FORCES BY DR. DEWANCHAND VARMA OF LONDON. (OUT OF PRINT).

CHART NO.15 COMPARATIVE CHARTS OF ANATOMY



Fig. 1

ABNORMAL

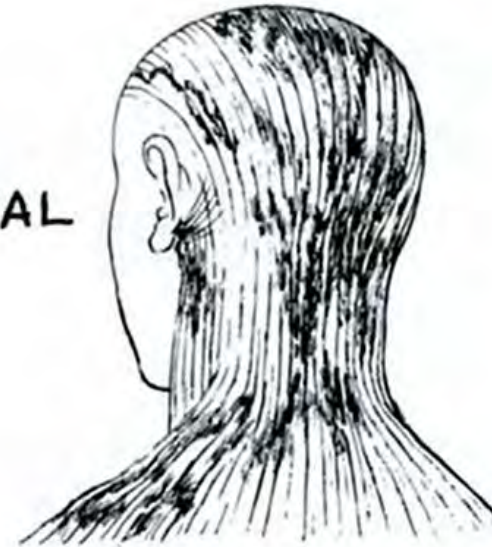


Fig. 2

NORMAL

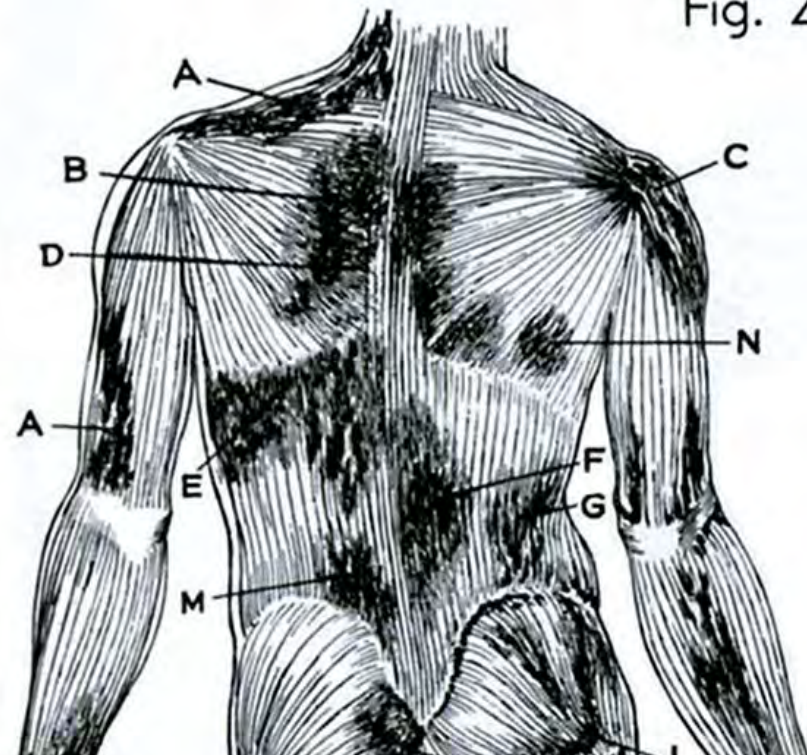
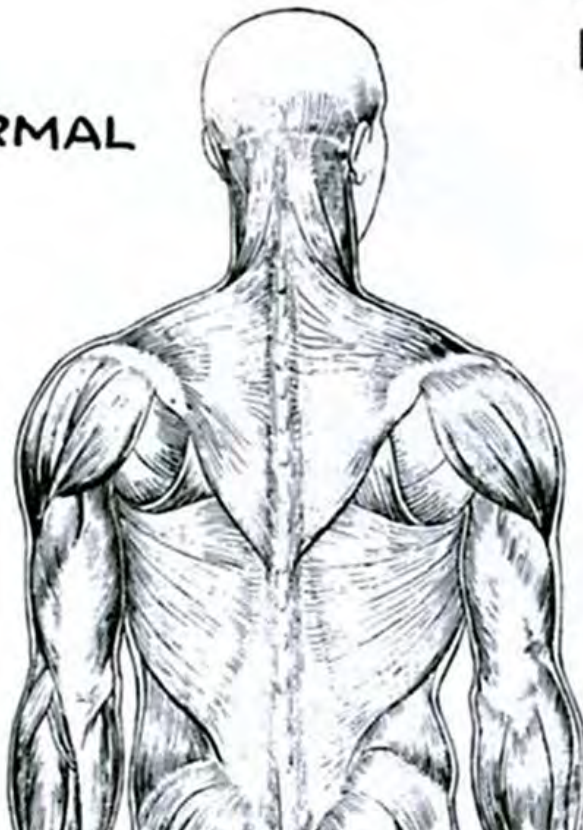
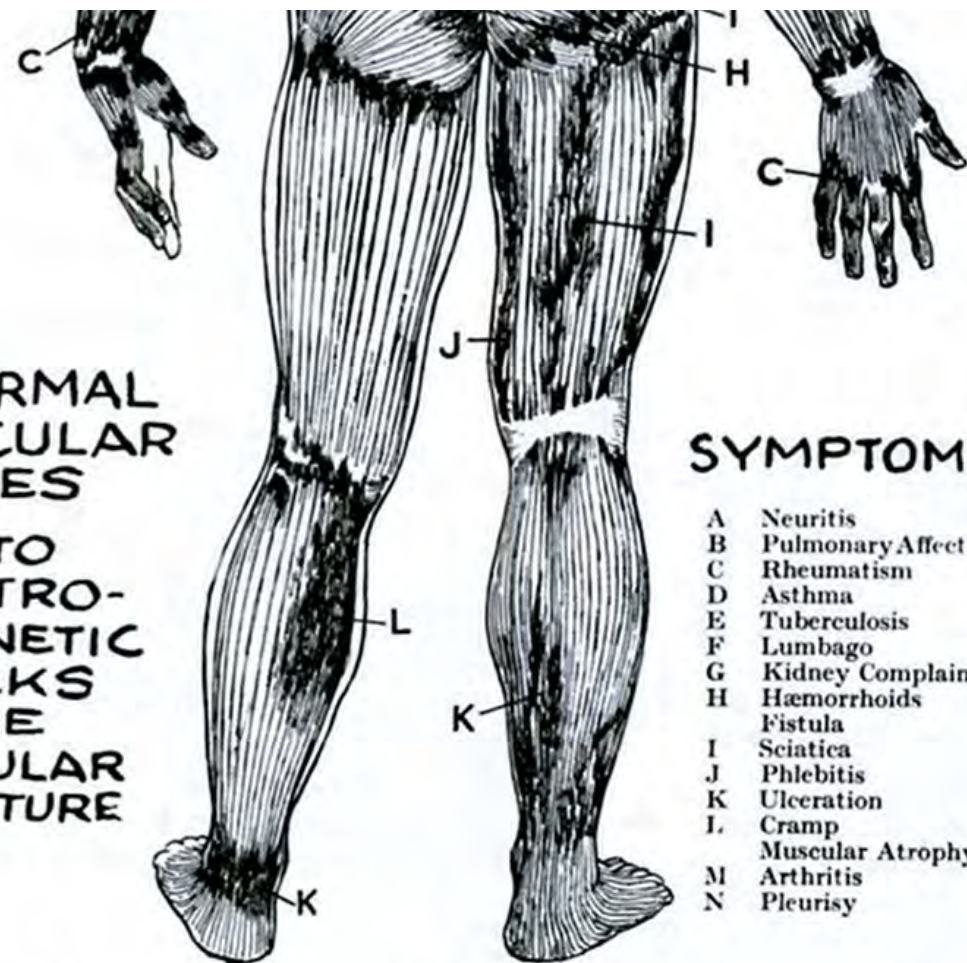




Fig. 3

**ABNORMAL
MUSCULAR
FIBRES**

**DUE TO
ELECTRO-
MAGNETIC
BLOCKS
IN THE
MUSCULAR
STRUCTURE**



SYMPTOMS

- A Neuritis
- B Pulmonary Affections
- C Rheumatism
- D Asthma
- E Tuberculosis
- F Lumbago
- G Kidney Complaints
- H Hæmorrhoids
- I Fistula
- J Sciatica
- K Phlebitis
- L Ulceration
- M Cramp
- N Muscular Atrophy

ANATOMICAL DRAWINGS FROM THE HUMAN MACHINE AND ITS FORCES BY DR. DEWANCHAND VARMA OF LONDON. (OUT OF PRINT).

CHART NO.16. COMPARATIVE CHARTS OF ANATOMY

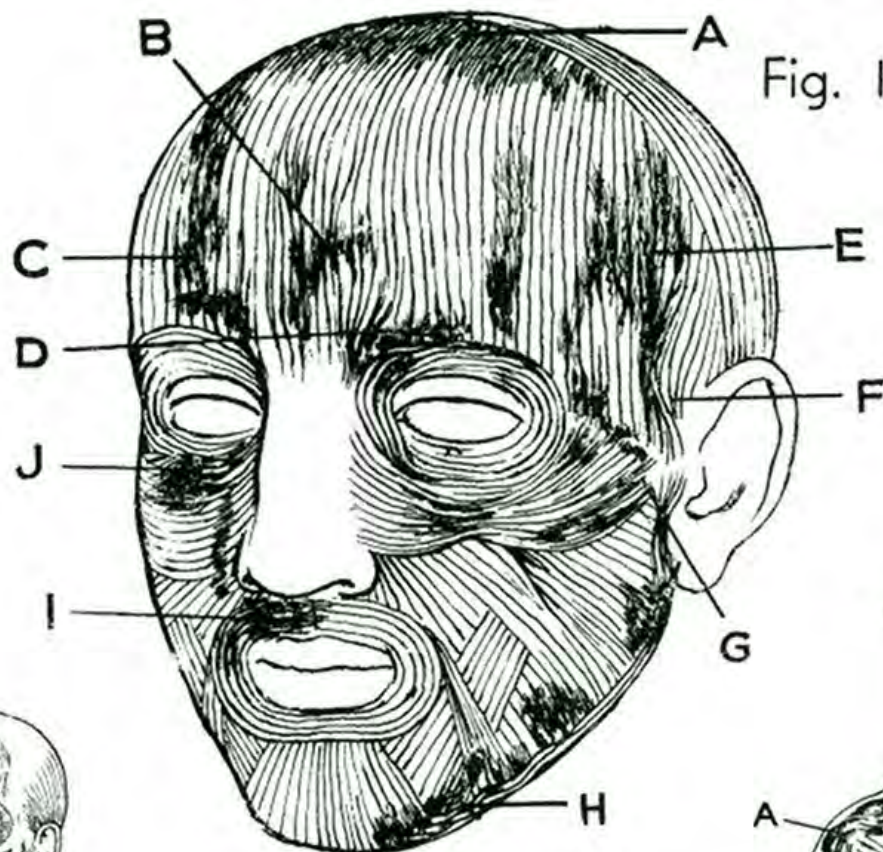
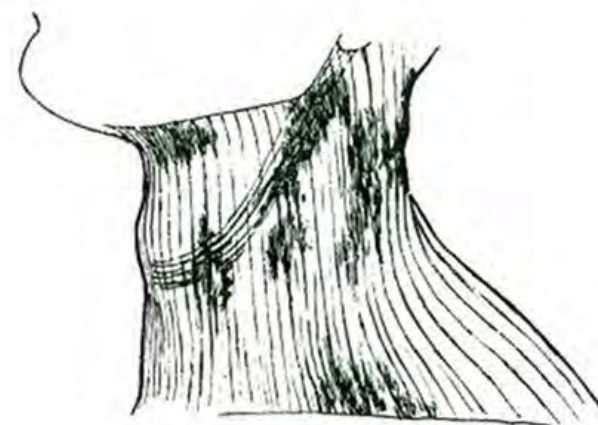


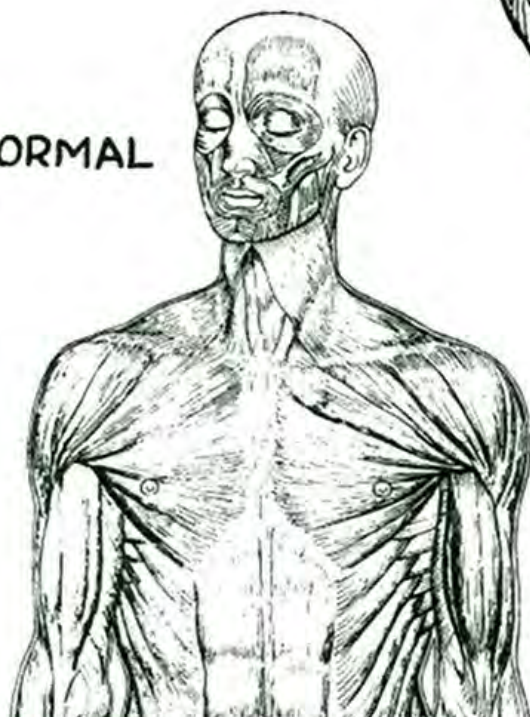
Fig. 1



ABNORMAL

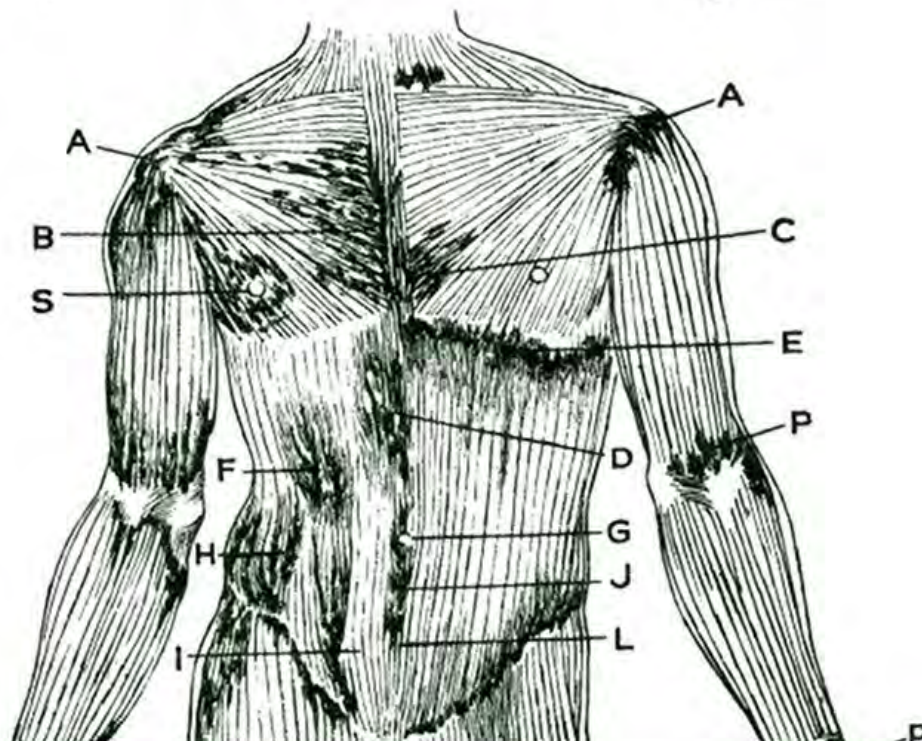
Fig. 2

NORMAL



SYMPTOMS

- A Mental Disorders
- B Catarrh
- C Neuralgia
- D Eye Diseases
- E Headache
- F Deafness
- G Head Noises
- H Caries
- I Neuralgia of Jaw
- J Facial Neuralgia
- K Sinusitis



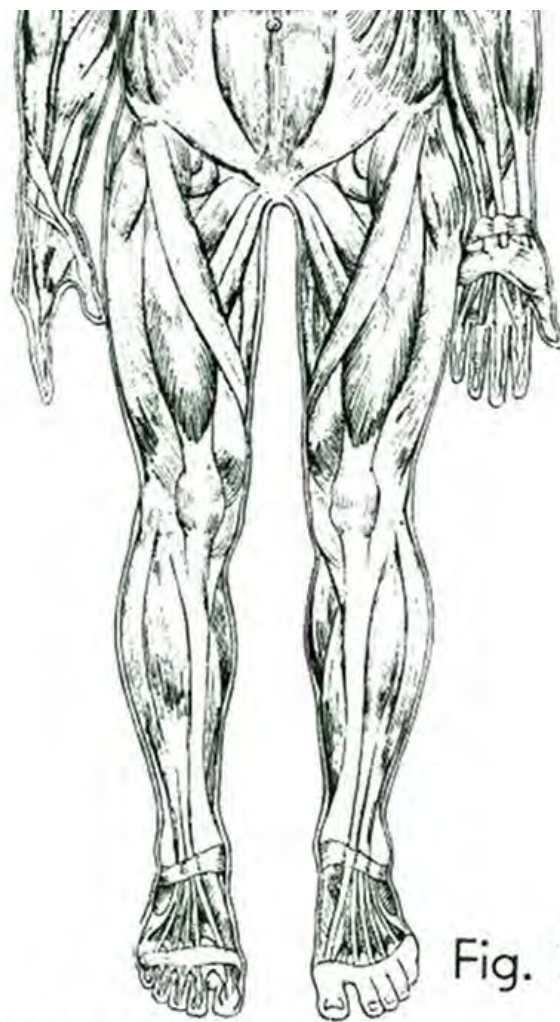
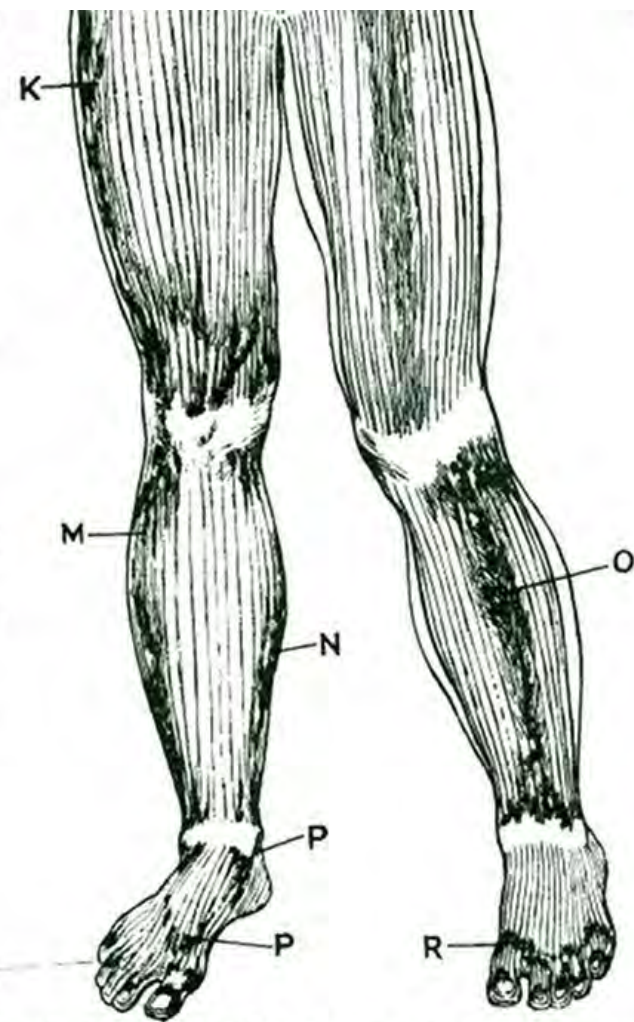


Fig. 3



SYMPTOMS

- A Neuritis
- B Bronchitis
- C Heart Affections
- D Gastric Complaints
- E Affections of Lungs
- F Affections of Liver
- G Affections of Kidneys
- H Appendicitis
- I Constipation
- J Affections of Genitals
- K Sciatica
- L Phlebitis
- M Bladder Affections
- N Eczema
- O Cramp
- P Ulceration
- Q Muscular Atrophy
- R Rheumatism
- S Chilblains
- T Beger Malady
- U Cancer

ANATOMICAL DRAWINGS FROM THE HUMAN MACHINE AND ITS FORCES, BY DR. DEWANCHAND VARMA OF LONDON. (OUT OF PRINT).

CHART NO.17.

THUMBS AS NEUTER REFLEXES EMBRACING THE ENTIRE AREAS BELOW THE DIAPHRAGM ON EACH SIDE OF THE BODY, COMPARED TO REFLEXES AROUND THE OUTSIDE OF THE ANKLES AS THE NEGATIVE POLE.

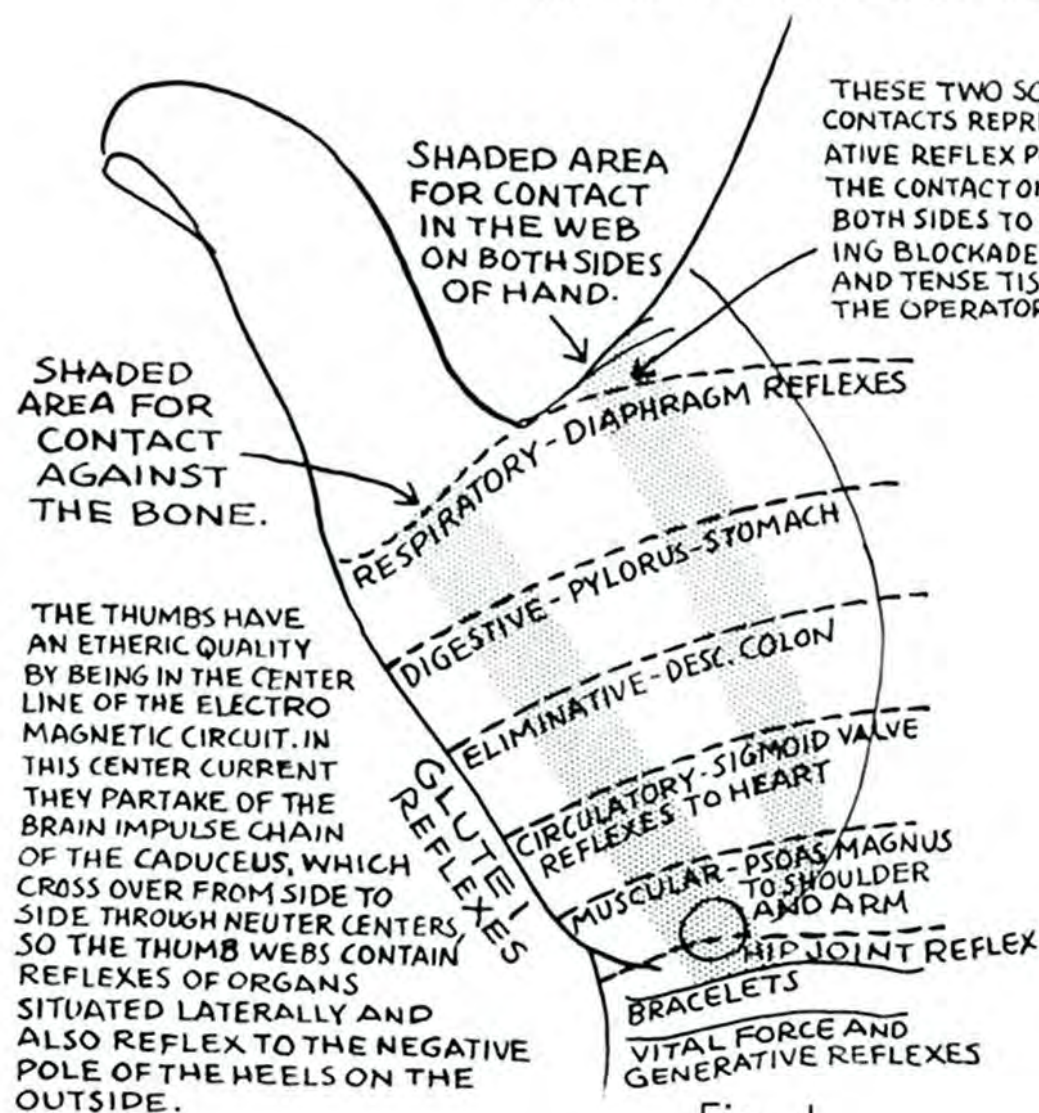


Fig. 1

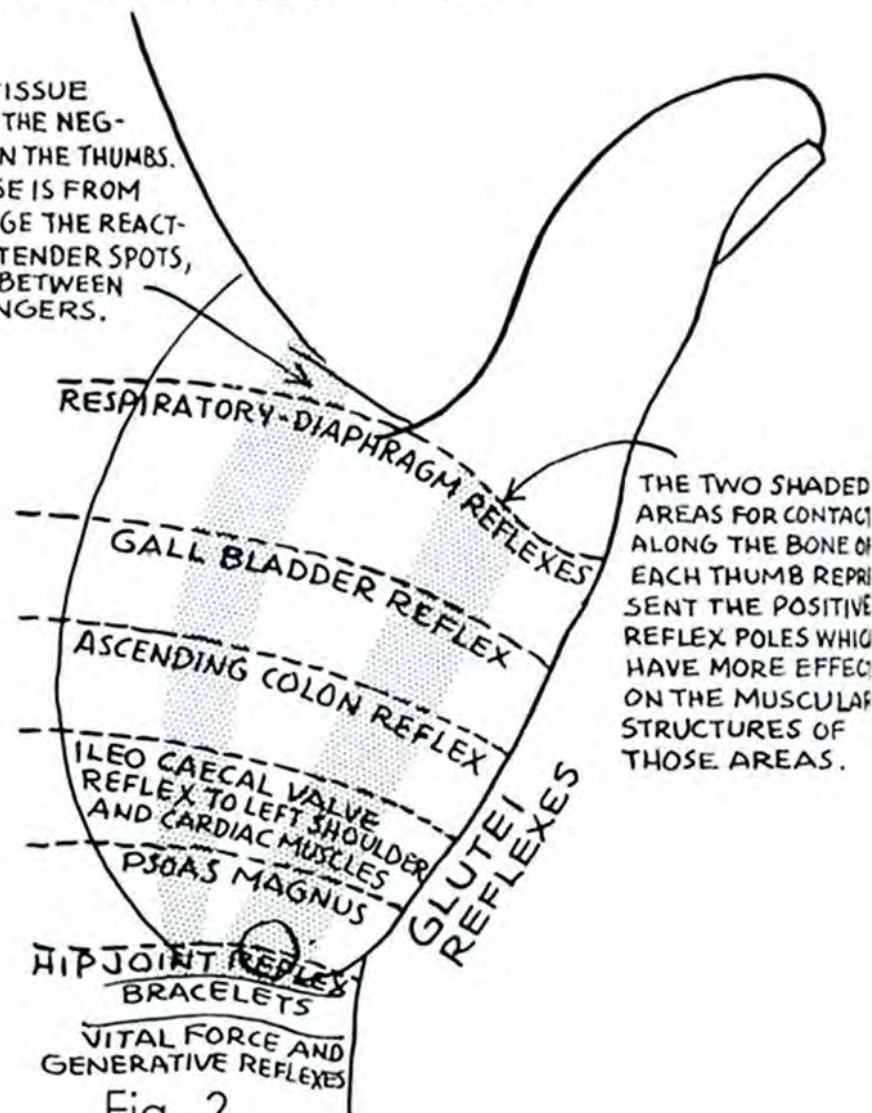


Fig. 2

SEE CHART 4 FOR COMPARATIVE

AREAS OF THUMBS. O
BODY + AND FOOT -
REFLEXES.

KIDNEY
REFLEX

ILEO CAECAL

OVARIES
TESTES

PSOAS MAGNUS
ILIACUS PLUS
PELVIC REFLEXES

Fig. 3

OUTSIDE RIGHT FOOT

KIDNEY
REFLEX

SIGMOID

OVARIES
TESTES

PSOAS MAGNUS
ILIACUS PLUS
PELVIC REFLEXES

Fig. 4

OUTSIDE LEFT FOOT

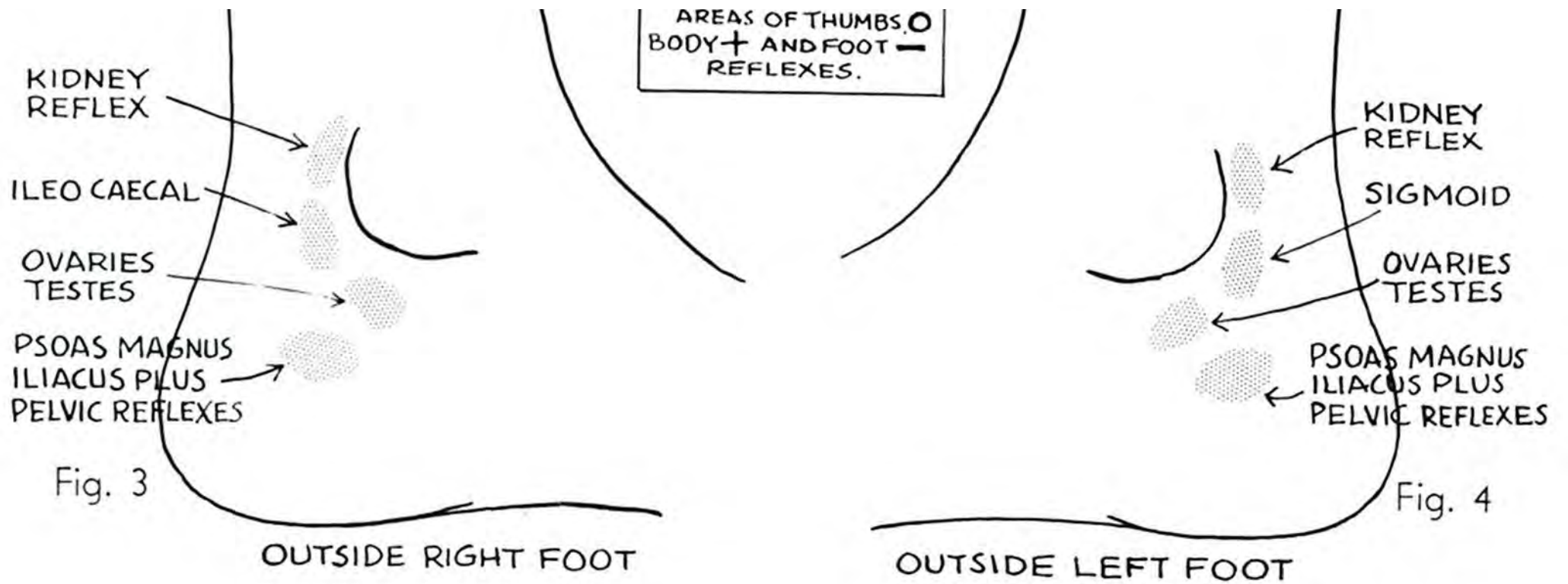
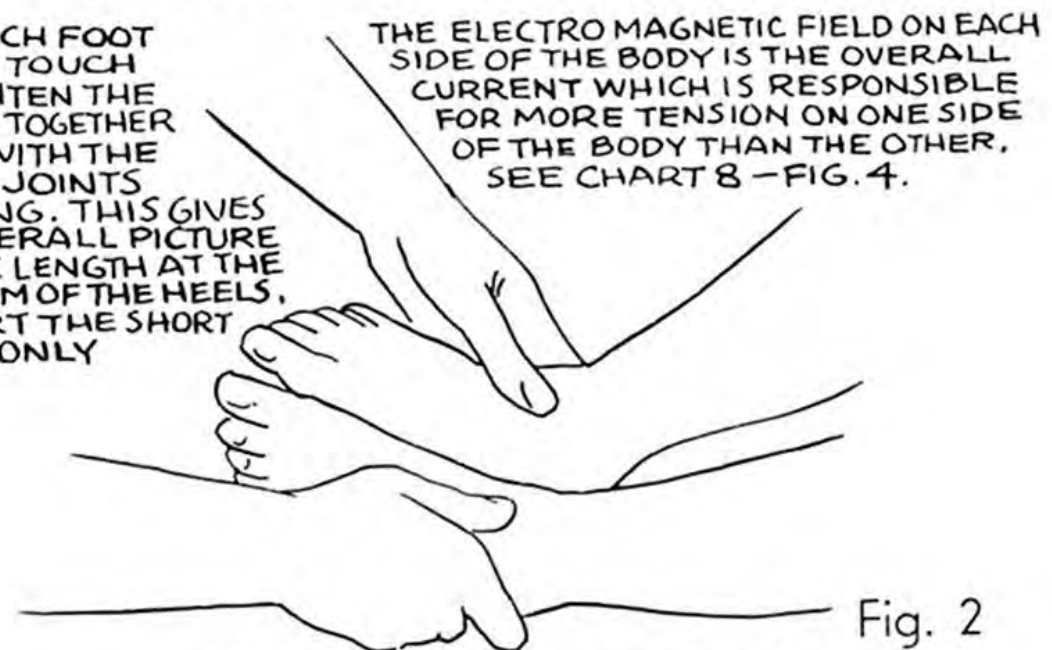
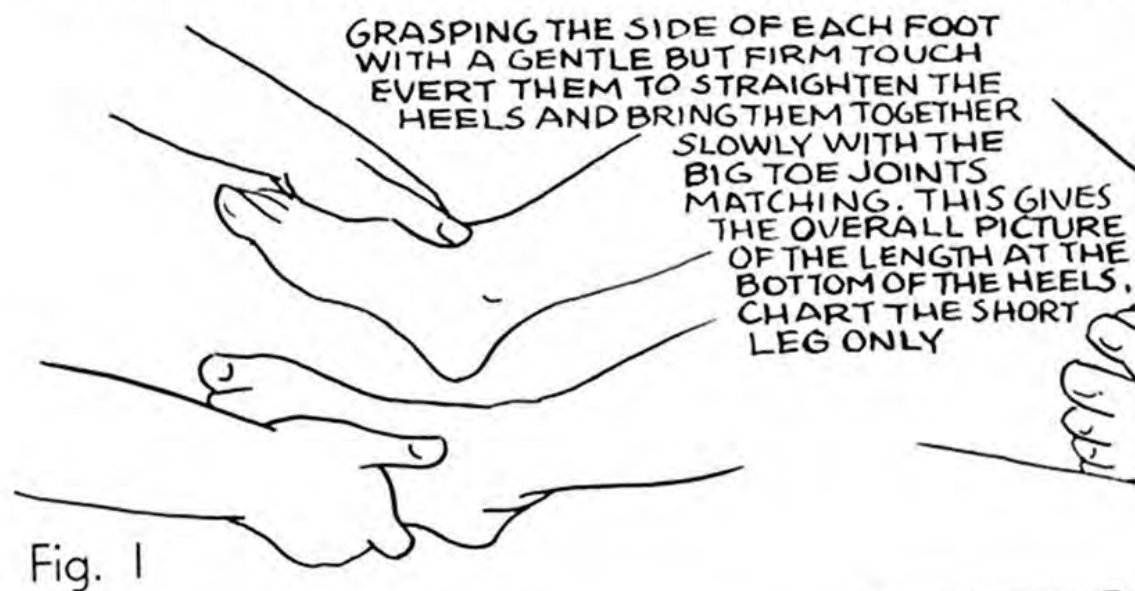
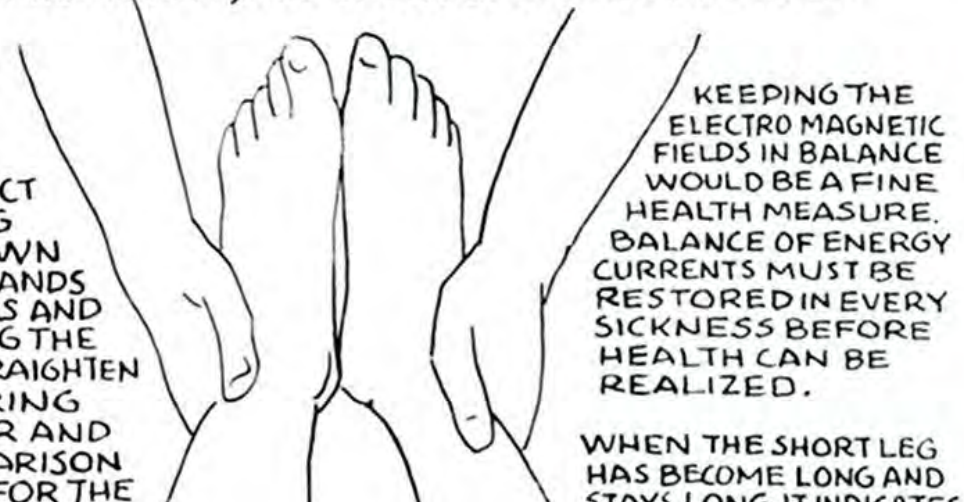


CHART NO.18. MEASURING THE LEGS FOR COMPARATIVE LENGTH TO DETERMINE THE SIDE OF THE MOST CONTRACTED ELECTRO MAGNETIC CIRCUIT WHICH IS ONE DEFINITE MEASURE OF IMBALANCE, DISTINCT FROM GRAVITY.



IN ILLNESS, THE BODY IS OUT OF BALANCE; THERE IS MORE TENSION AND OBSTRUCTION ON ONE SIDE AND THIS IS THE INHERENT WEAK SIDE FROM BIRTH, THAT SHOWS UP IN EVERY ILLNESS.



LENGTH OF LEGS. THE
SHORT LEG IS THE
FACTOR.

Fig. 4

STAYS LONG, IT INDICATES
THAT THE TENSE
MAGNETIC FIELD ON
THAT SIDE HAS RESPONDED
AND NORMAL REPAIR
CURRENTS ARE AT WORK.
THE PATIENT'S IMPROVE-
MENT WILL VERIFY IT.

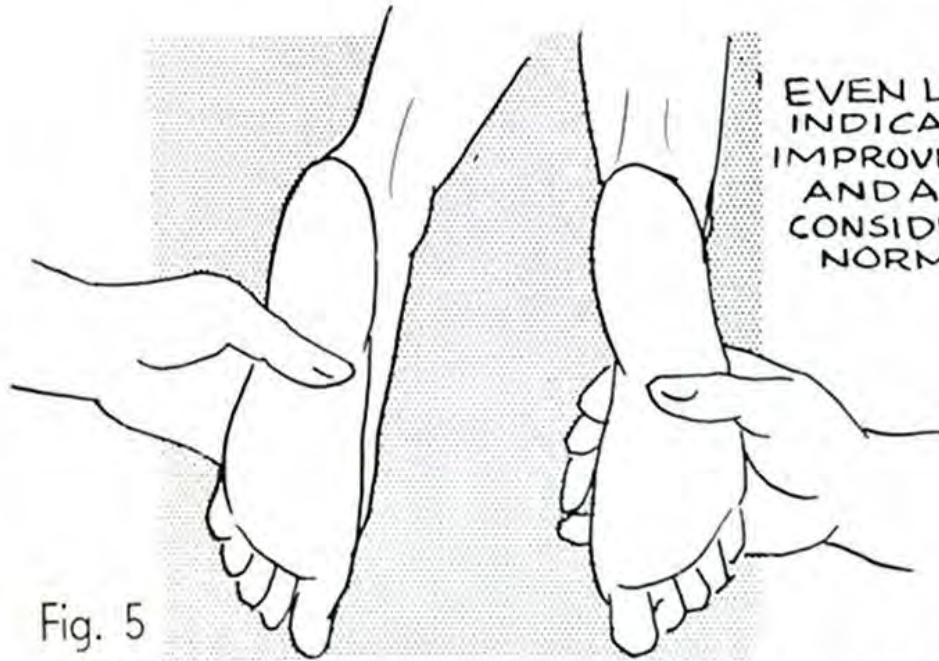


Fig. 5

EVEN LEGS
INDICATE
IMPROVEMENT
AND ARE
CONSIDERED
NORMAL.



Fig. 6

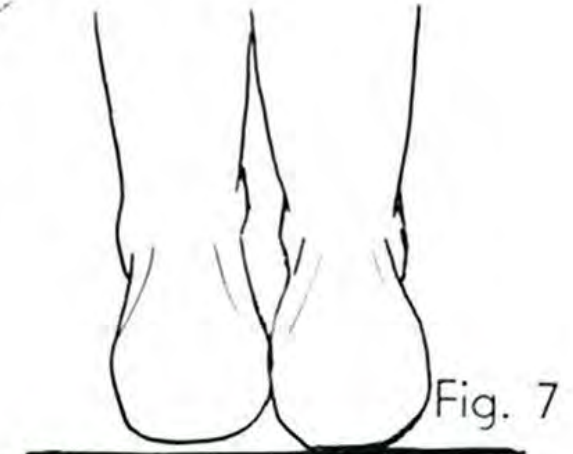


Fig. 7

SHOWING THE LEFT
LEG SHORT.

A SIMILAR CONTACT IS TAKEN WITH THE PATIENT FACE DOWN. EVERT THE
FEET, SO THERE IS A STRAIGHT LINE DOWN THE CENTER OF EACH LEG TO
THE HEEL AND COMPARE THEM. MEASUREMENT DIFFERS SLIGHTLY IN THIS
POSITION FROM THE FRONT MEASUREMENT.



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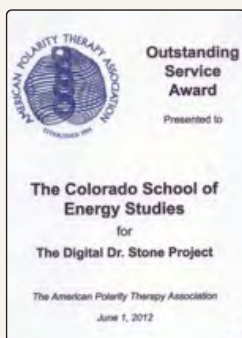
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Comments on Reprint of [Chart No. 18 from Book II](#)

After studying the circuits on each side of the body, it can be easily seen that the electromagnetic circuits cause the primary action in muscle function and tension in general. The side which labors the most is the short-leg side. That reveals where the tension is located.

This chart illustrates how to measure the legs for diagnosis. It will make the doctor's work easier and more thorough.

The sicker the patient is, the shorter will be one leg because the electromagnetic balance is upset between the positive and the negative poles of each half of the body.

THE REAL AND SIMPLE SOLUTION IS TO RESTORE THE BALANCE QUICKLY AND EFFECTIVELY, SO THE BODY CAN MEND ITS FIELDS OF DISTORTED ENERGY.

27

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CHART NO.19. A TECHNIQUE TO RELEASE MOTOR ENERGY BLOCKS IMMEDIATELY ABOVE THE PUBIS FOR BLADDER-URINARY-RECTAL-UTERINE AND PROSTATIC TROUBLE. COCCYX CORRECTION FOR PILES AND COCCYGDYNIA.

TENSION AND SORENESS FOUND IN THE RECTUS ABDOMINALIS AND THE PYRAMIDALIS MUSCLES USUALLY MEANS THAT THE STRUCTURES UNDERNEATH ARE IN TROUBLE. LOOK FOR BLADDER, RECTAL, PROSTATIC OR UTERINE DISTURBANCE. HOWEVER, THE RELEASE OF THIS TENSION ABOVE THE PUBIS GIVES REMARKABLE RESULTS. THE THUMB IS PLACED OVER THE SPASTIC MUSCLE, FLAT AND LEVEL, LIKE A ROCKER RUNNER, TO COVER THE AREA. THEN WITH THE OTHER HAND UNDER THE NECK AND THE OCCIPUT, THE BODY IS RAISED GENTLY FOR A GOOD STRETCH. HOLD IT A MOMENT,

WITH THE THUMB CLOSE TO THE SYMPHYSIS PUBIS GIVING THE CONTACT AN INFERIOR AS WELL AS A POSTERIOR DIRECTION ACTS AS A POWERFUL CORRECTION FOR THE SUPERIOR PUBIS AND SHORTENS THE LEG ON THAT SIDE. MUSCLE TENSION CAN BE RELEASED ON BOTH SIDES BUT THE INFERIOR ANGLE SHOULD ONLY BE USED ON THE SHORT LEG SIDE.

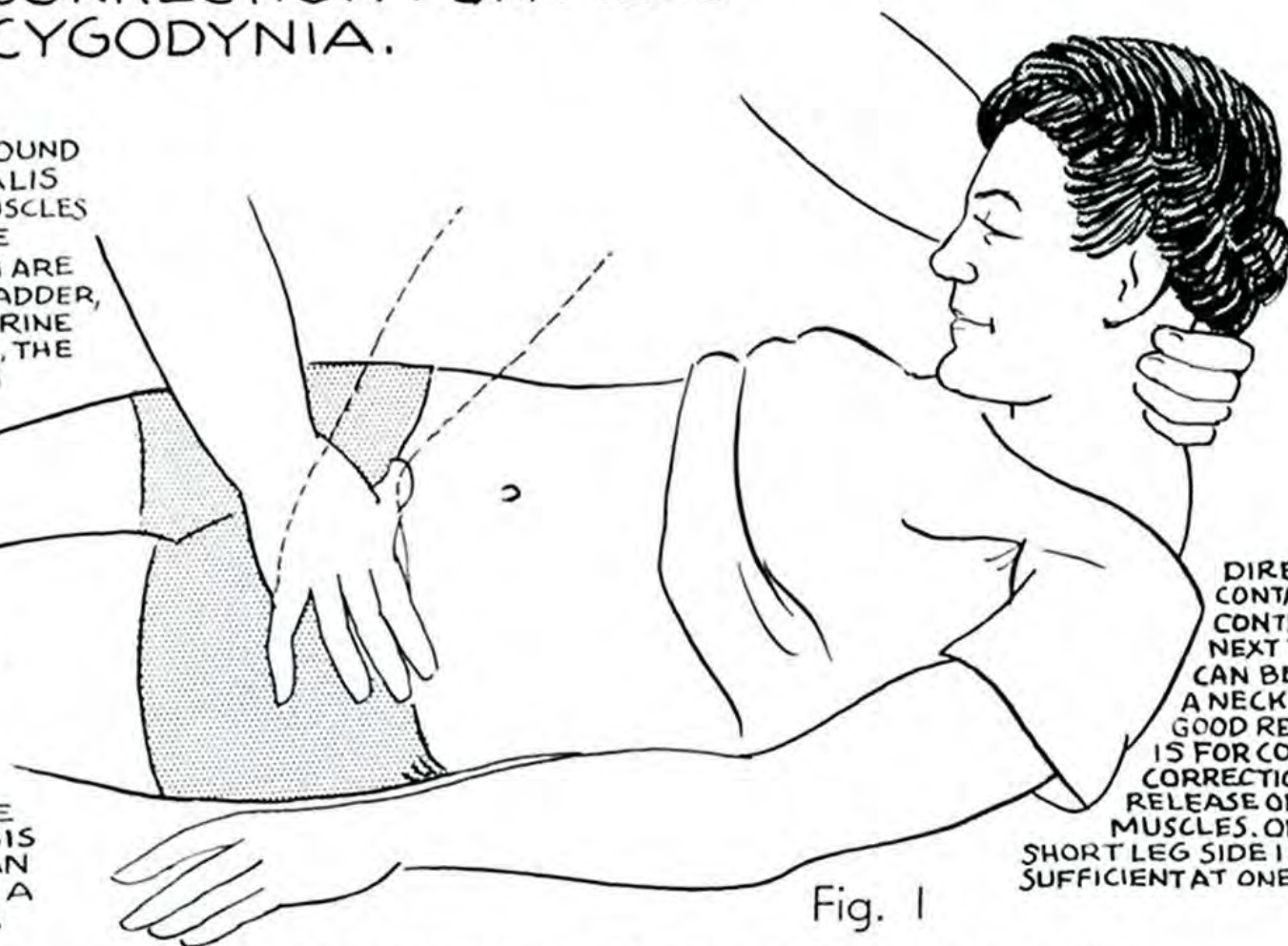


Fig. 1

DIRECTIONAL CONTACTS ON THE CONTRACTED MUSCLES NEXT TO THE PUBIS, CAN BE HELD WITHOUT A NECK STRETCH WITH GOOD RESULTS. THE LIFT IS FOR COORDINATED CORRECTION AND THE RELEASE OF HEAVY SPASTIC MUSCLES. ONE LIFT ON THE SHORT LEG SIDE IS USUALLY SUFFICIENT AT ONE TREATMENT.

CONTRACTION OF TISSUES ON EITHER SIDE OF THE COCCYX IS USUALLY OVERLOOKED IN MOST EXAMINATIONS BECAUSE THESE LUMPS CANNOT BE FELT UNLESS THE TISSUE IS ENGAGED BETWEEN THE INTERNAL AND EXTERNAL EXAMINING FINGERS. SPASTIC TISSUE AT THIS VITAL SPOT INTERFERES WITH THE ACTION OF THE GANGLION OF IMPAR AND ITS POSITIVE POLE IN THE BRAIN BY REFLEX ACTION. IT IS A VITAL

Fig. 3



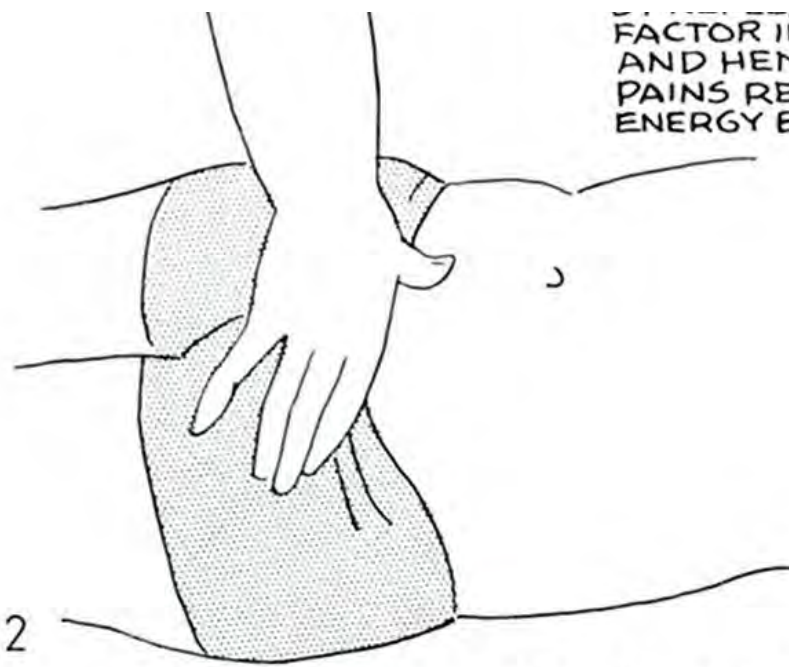


Fig. 2

A CORRECTION OF THE ANTERIOR SACRAL BASE. HERE THE FLAT THUMB IS PLACED ABOVE POUPART'S LIGAMENT, ABOUT ITS MIDDLE REGION, FOR DIRECTIONAL PRESSURE POSTERIORLY ON THE ANTERIOR BASE OF THE SACRUM. THE HEAD LIFT IS USED AS ABOVE. THIS IS APPLIED TO THE OPPOSITE SIDE OF THE SHORT LEG FOR THE RELEASE OF THE ANTERIOR SACRAL BASE. IT LENGTHENS THE SHORT LEG.

FACTOR IN COCCYGODYNIA AND HEMORRHOIDS. FOR LEG PAINS RELEASE THE CENTRAL ENERGY BLOCKS HERE.

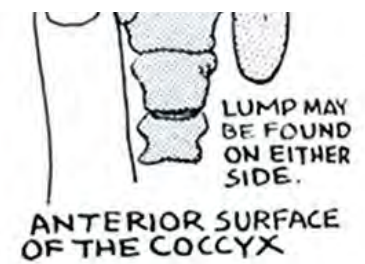


Fig. 4

THIS CONTRACTED TISSUE IS THE REAL MOTOR ENERGY BLOCK. ONE FINGER IS INSERTED INTO THE RECTUM TO EXAMINE THE ANTERIOR ARTICULATIONS OF THE COCCYX AND BOTH SIDES FOR CONGESTED LUMPY TISSUE. THE FIRST FINGER OF THE OTHER HAND SLIDES ALONG ON THE OUTSIDE OF THE COCCYX AND TISSUES DIRECTLY OPPOSITE

THE INTERNAL FINGER. IT IS BETWEEN THESE TWO FINGERS EXAMINING WITH MODERATE PRESSURE THAT MANY CONDITIONS ARE FOUND WHICH ONE FINGER ALONE WOULD MISS. FOR RELIEF, THE STAGNANT CONTRACTED TISSUES MUST BE ENGAGED BETWEEN BOTH FINGERS AND THE ENERGY BLOCKADE RELEASED BY PRESSURE MANIPULATION.

CHART NO. 20

A STOMACH RELEASE AND ABDOMINAL
CONTACTS FOR THE STIMULATION OF THE
LACTEALS AND STAGNANT ENERGIES.

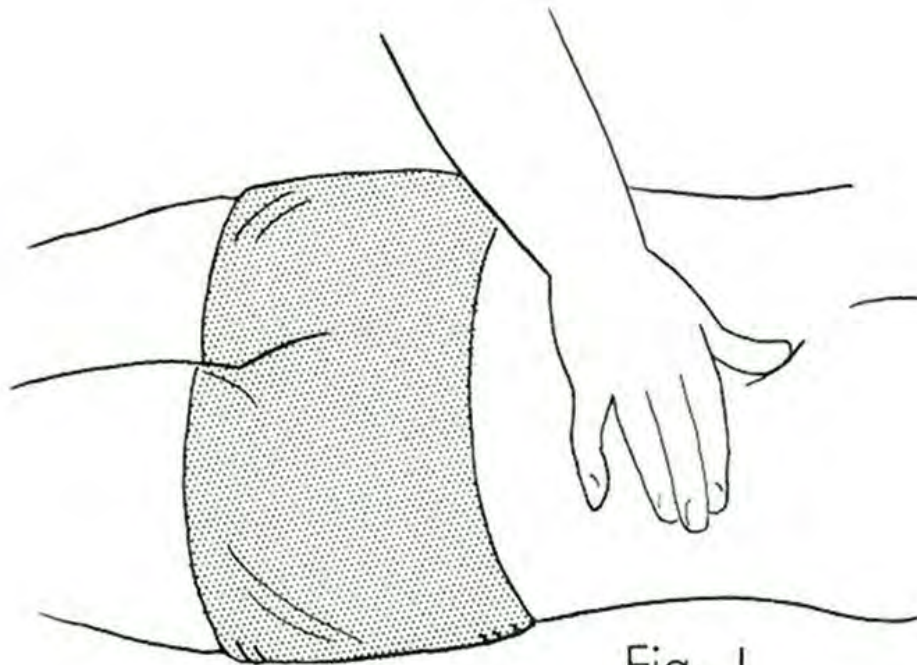
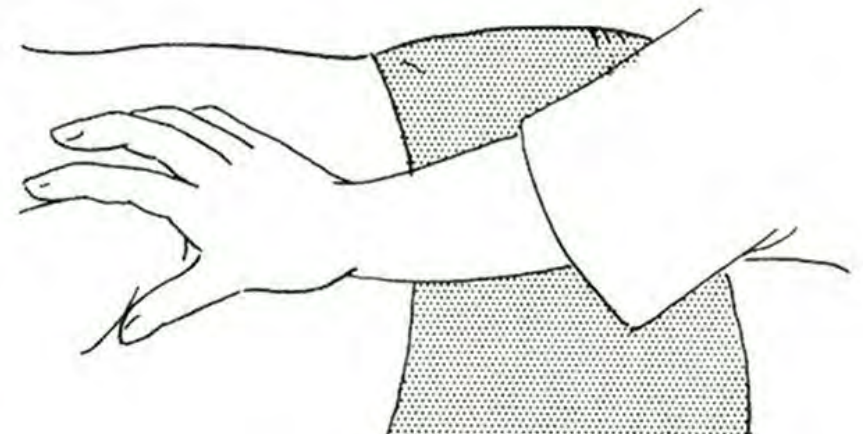


Fig. 1

FIG. 1 SHOWS THE PATIENT ON THE BACK
AND THE HAND OF THE OPERATOR
MAKES MILD DIRECTIONAL CONTACT
UNDER THE PYLORUS WITH THE HEAD
LIFT TO RELEASE STAGNATION BY
EMPTYING THE STOMACH.

FIG. 2 SHOWS A FREE HAND CONTACT
OVER TENDER AREAS ON THE ABDOMEN
WITH A PARTIAL TWIST AND A FIRM
GRIP ON THE TISSUES WITH THE
DIRECTION UPWARD TOWARD THE
OPPOSITE SHOULDER. THE HAND OPENS
AND CLOSSES REPEATEDLY FOR A GENTLE
STIMULATION TO THE MUSCLES AND



STIMULATION TO THE MUSCLES AND
FATTY TISSUES.



Fig. 3

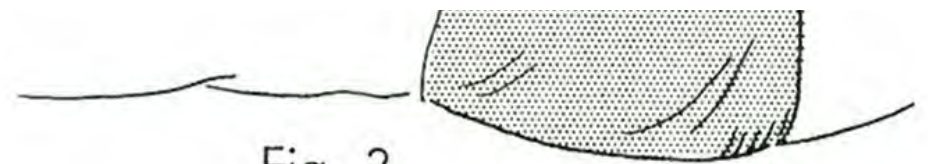


Fig. 2

FIG. 3 GIVES A DOUBLE HAND CONTACT WITH A FIRM TWIST OF THE LOOSE FATTY TISSUE FOR STIMULATING THE LACTEALS AND PRODUCING BETTER DRAINAGE. IT IS A DIGESTIVE AND BOWEL STIMULATION BY DIRECTIONAL ENERGY AGAINST THE ELECTRO MAGNETIC FLOW.

CHART NO. 21.

SACRAL RELEASE BY A SUPPORT UNDERNEATH AND DIRECTIONAL FORCE APPLIED POSTERIORLY AND Laterally.

THE ANTERIOR SACRAL BASE IS USUALLY THE SORE SIDE AND IS TENDER TO THE TOUCH, REGARDLESS OF WHICH IS THE SHORT LEG. MANY TIMES PRESSURE ON THE SAME INNOMINATE TOWARD THE FLOOR RELEASES THE ARTICULATE TENSION AND PAIN IN THIS NEUTER JOINT.

THERE IS A DEFINITE RELATIONSHIP BETWEEN THE ANTERIOR SACRAL BASE AND THE LATERAL ATLAS ON THAT SIDE. THESE JOINTS NEED CAREFUL CHECKING AS THEY ARE THE TWO POLES OF THE HOUSING OF THE VITAL FORCES. A POSTERIOR DORSAL CURVE ALSO HAS ITS RELATIONSHIP AND EFFECT ON THE SACRO ILIAC ARTICULATION RELEASE.

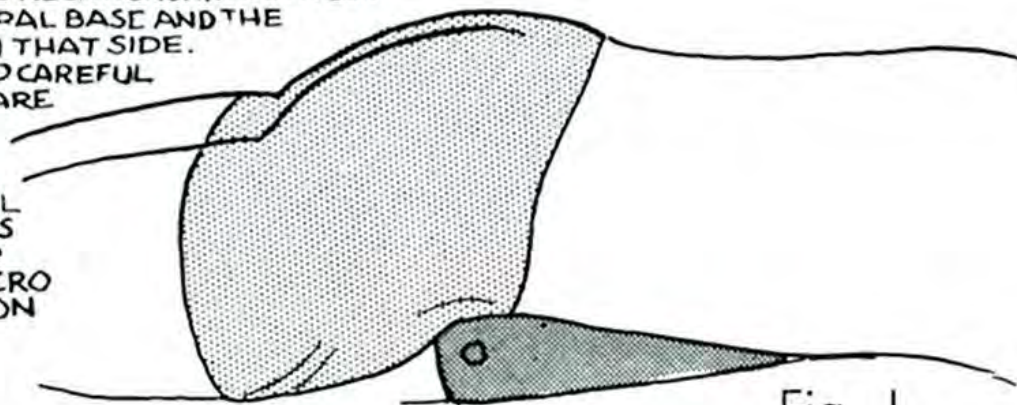


Fig. 1

THIS IS THE BASIS FOR MOST PELVIC TENSION RELEASE. NO BONY ADJUSTMENT IS AIMED AT HERE. ONLY THE RELEASE OF SPASTIC TISSUE BY DIRECTIONAL FORCE CORRECTLY EMPLOYED TO BALANCE THE SACRAL BASE AND THE VITAL FORCE RELATIONSHIP WITH THE REST OF THE BODY'S ENERGY FIELDS.

WHEN THERE IS POSTERITY IN THE LUMBAR CURVE - NO CUSHION IS NEEDED FOR THIS THERAPY.

A POSITION FACE DOWN WITH A FIRM CUSHION SUPPORT ABOVE THE PUBIS, TO RAISE AND SUPPORT THE SACRAL BASE.

THE POSTERIOR SACRAL BASE IS USUALLY ON THE SHORT LEG SIDE. TEST FOR IT. THE SHORT LEG WILL GET LONGER IF YOUR FINDING AND APPLICATION IS CORRECT.

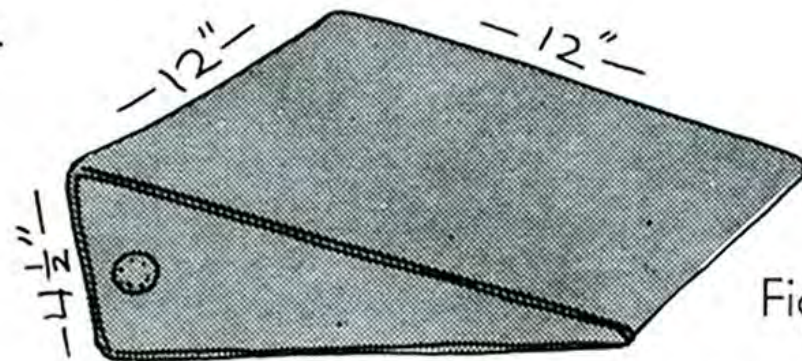


Fig. 2

THIS CUSHION IS FIRM AND PLIABLE, HANDMADE OF SPECIAL RUBBER, WITH A PLASTIC COVER. THE TAPER AND THE FIRM EDGE HAVE THEIR ADVANTAGE FOR THERAPEUTIC USE.

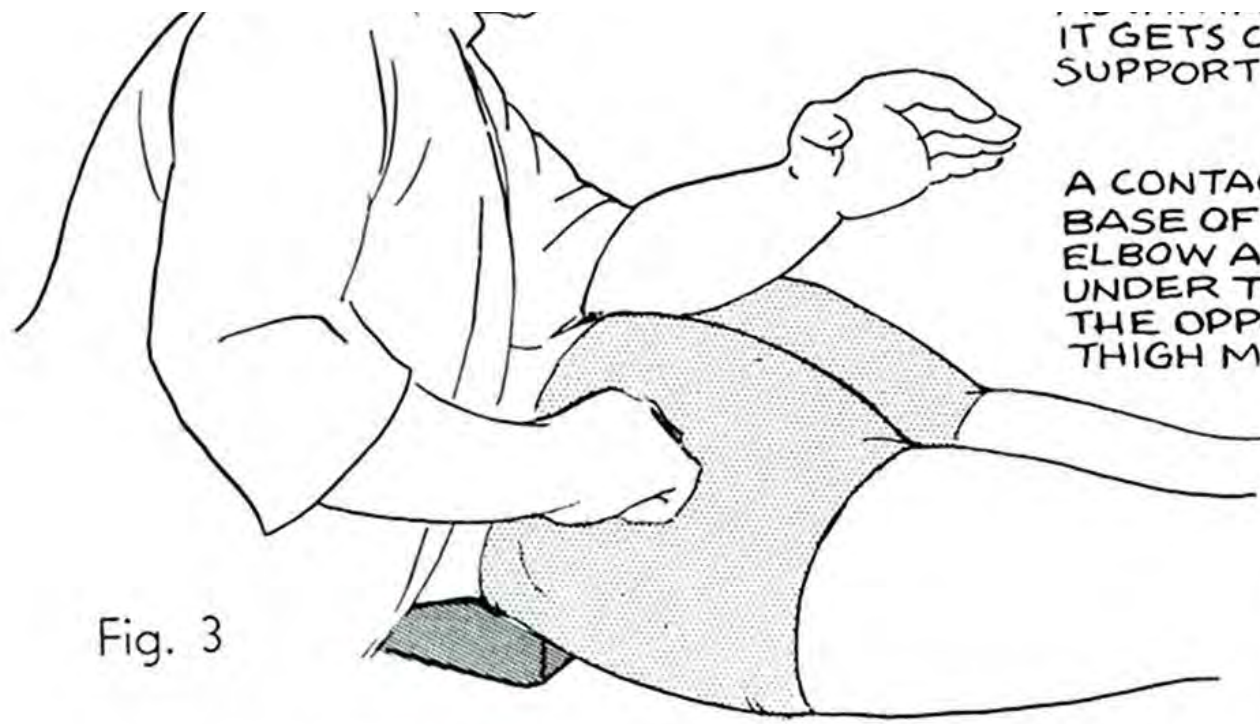


Fig. 3

THE RELATIONSHIP OF THE SACRAL CENTER AS THE NEGATIVE POLE TO THE MEDULLA, THE POSITIVE POLE IS CLEARLY ILLUSTRATED IN CHART NO. 11.

IT GETS CLOSER TO THE POINT OF SUPPORT THAN A ROUND ONE.

A CONTACT OVER THE POSTERIOR BASE OF THE SACRUM WITH THE ELBOW AND A THUMB CONTACT UNDER THE ANTERIOR BASE ON THE OPPOSITE SIDE ON THE TENSE THIGH MUSCLES WITH A LIFTING DIRECTIONAL FORCE TOWARD THE OPPOSITE SHOULDER. A MODERATELY FIRM PRESSURE IS MAINTAINED ON BOTH CONTACTS UNTIL RELAXATION TAKES PLACE. IT CAN BE REPEATED. IT RELEASES SACRAL TWISTS CAUSED BY MOTOR BLOCKS IN THE SPASTIC TISSUES. IT HAS A VERY GOOD RELAXING EFFECT UPON THE ENTIRE BODY.

CHART NO.22. OLD MOVES WITH NEW IMPETUS AND DIRECTIONAL FORCE APPLIED TO ENERGY BLOCKS TO RELEASE THEM.

BLOCKS IN THE WIRELESS CIRCUITS OF ENERGY FIELDS ARE PRIOR TO MUSCLE SPASMS,

POSITIVE PRANA CURRENTS OF MOTOR ENERGY PASS THRU THE HEAVY MUSCLES OF THE BACK. THESE DEEP AND SUPERFICIAL MUSCLES AND CONNECTIVE TISSUES CAN BE RELEASED OF ENERGY BLOCKS AND WASTE DEPOSITS, BY COUNTER IMPULSES OF STEADY DIRECTIONAL FORCE APPLIED AT RIGHT ANGLES TO THE TENSION LOCK.

ALL THE CONTACTS GIVEN HERE ARE FOR THE PURPOSE OF RELEASING ENERGY BLOCKS IN THE DEEPER AND ANTERIOR PARTS OF THE PELVIS OR SPINE IMMEDIATELY UNDER THE CONTACT.

THE CONTACT WITH THE ELBOW MUST BE STARTED GENTLY AND INCREASED TO THE TOLERANCE OF THE PATIENT. REPEAT IF NECESSARY, RATHER THAN HOLD TOO LONG. SENSE THE RELAXATION TAKING PLACE. SHORT APPLICATIONS RELEASE TENSION, LONG ONES EXHAUST THE TISSUES.

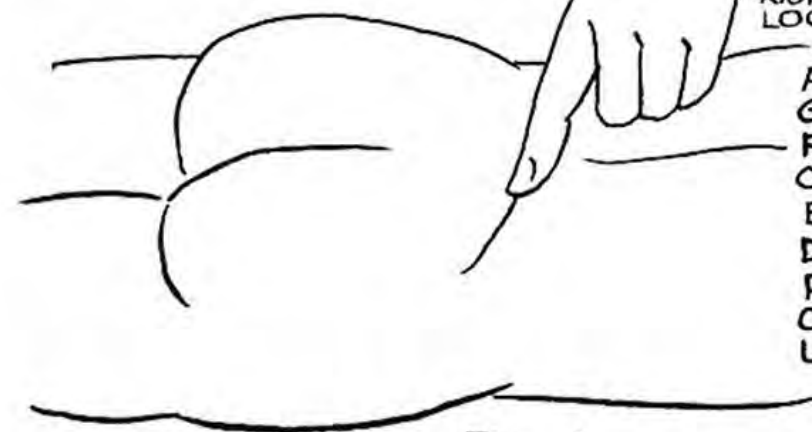
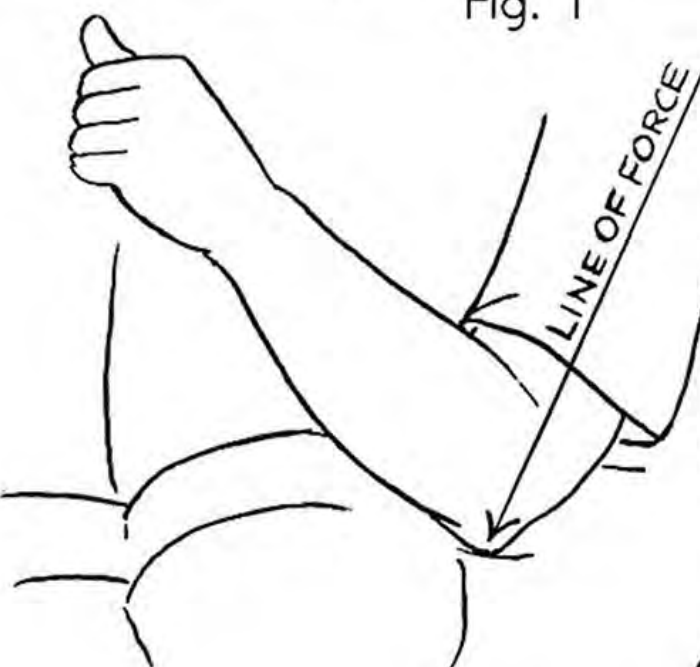


Fig. 1



CONTACTS MUST BE HELD LONG ENOUGH TO MAKE A CHANGE IN THE MOLECULAR ENERGY CIRCUITS AND EFFECT THE RELEASE OF SPASTIC MUSCLES ATTACHED TO VERTEBRAE.

THE ELBOW CONTACT CAN BE ON EITHER SIDE OF THE SPINOUS PROCESSES IN THE GROOVE, BUT NEVER ON THEM.

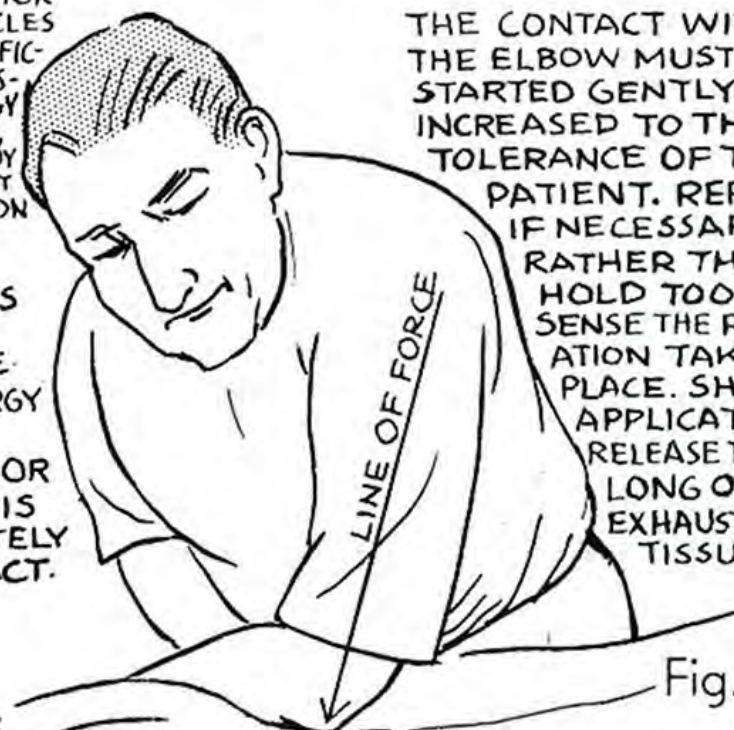


Fig. 4

FOR HIGH BLOOD PRESSURE THIS IS A GOOD THERAPY TO RELEASE THE MOTOR ENERGY BLOCKS OF THE VASO MOTOR TENSION AREAS ON THE BACK.



Fig. 2

ALL DIRECTIONS
OF CONTACTS ARE
AT RIGHT ANGLES
TO THE CURVE
TREATED.

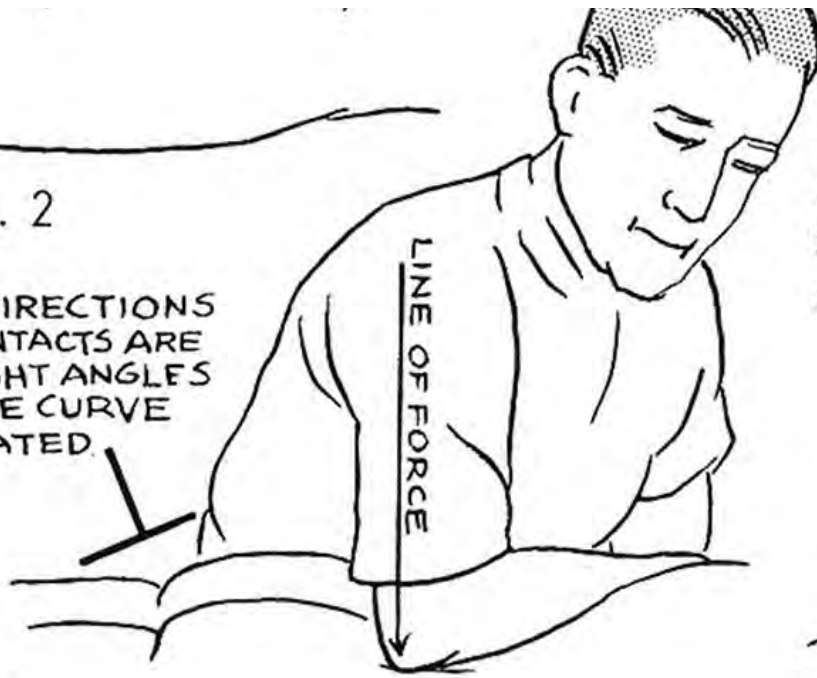


Fig. 3

ALL HEAVY PRESSURE AND FORCEFUL TECHNIQUE IS
DISPERSING IN ITS EFFECT. IT IS OF THE TAMAS QUALITY OF ENERGY,
AS A POTENTIAL COMPELLING FORCE SCATTERING ACCUMULATIONS AND
FORCING ELECTRONS AND MOLECULES TO SEEK OTHER FIELDS OF ATTRACTION.

THIS TYPE OF STEADY AND
SLOW DIRECT PRESSURE UPON
ANY ARTICULATION THAT IS FIXED
AND CHRONIC GIVES THE CONNECTIVE
TISSUE AND THE INVOLUTARY
MUSCLES TIME TO LET GO.

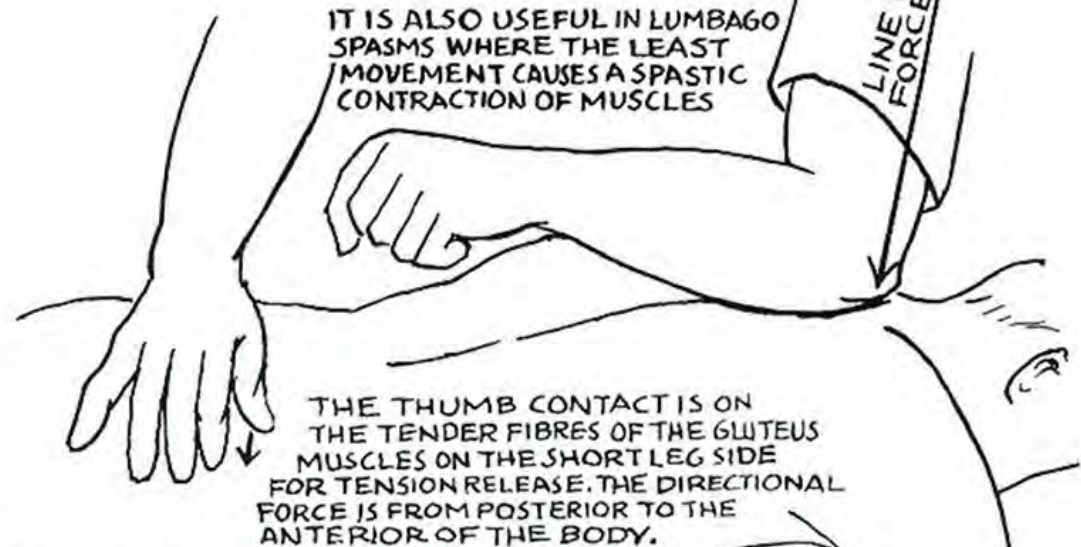


Fig. 5

IT IS ALSO USEFUL IN LUMBAGO
SPASMS WHERE THE LEAST
MOVEMENT CAUSES A SPASTIC
CONTRACTION OF MUSCLES

THE THUMB CONTACT IS ON
THE TENDER FIBRES OF THE GLUTEUS
MUSCLES ON THE SHORT LEG SIDE
FOR TENSION RELEASE. THE DIRECTIONAL
FORCE IS FROM POSTERIOR TO THE
ANTERIOR OF THE BODY.

Fig. 6

CHART NO. 23 RELAXED HAND CONTACTS - SINGLE AND DOUBLE - WITH THE CURRENT FLOW OF THE ELECTRO- MAGNETIC LONGITUDINAL AND CIRCULAR WAVES.

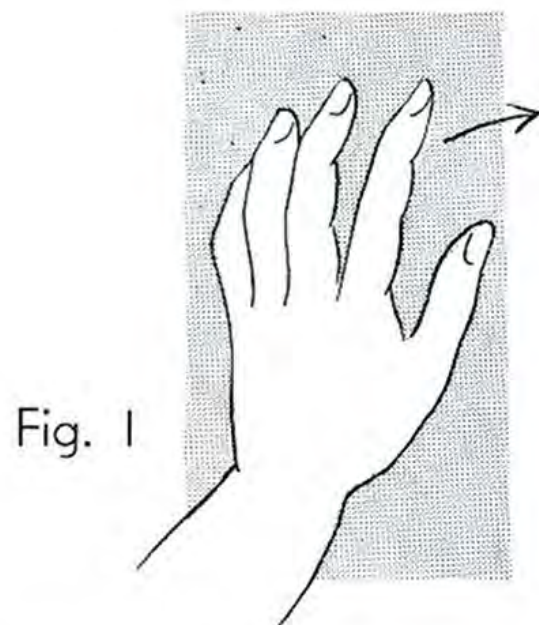


Fig. 1

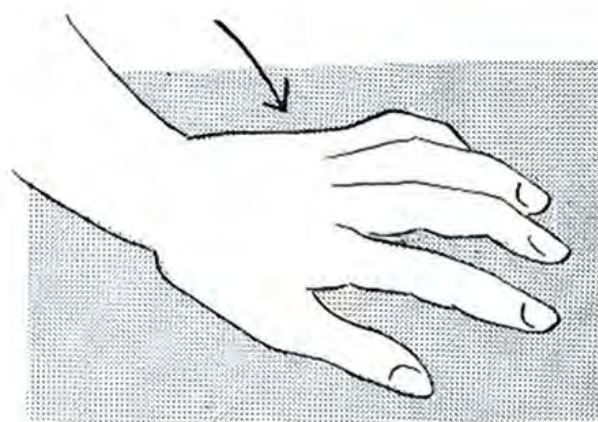


Fig. 2

THE CONTACT HAND TAKES A QUARTER TURN ON THE SKIN TO PICK UP THE LOOSE TISSUES TO ABOUT A 45 DEGREE ANGLE REINFORCING ONE HAND WITH THE OTHER IN AN UPWARD MOVEMENT TOWARD THE SPINE, WITH THE RELAXED BODY WEIGHT BEHIND IT. IN THIS INSTANCE THE DIRECTION IS WITH THE CURRENT FLOW OF THE ELECTRO MAGNETIC WAVES FOR THE PURPOSE OF OVERCOMING ENERGY BLOCKS WHICH CAUSE INFLAMMATION AND PAIN BY RESISTANCE TO THE ENERGY WAVES. THE OBJECT IS TO RESTORE AND BALANCE THE ENERGY CIRCUITS

THIS A POSITIVE RAJA TYPE THERAPY OF A VIBRATORY GENTLE ROCKING MOTION WITH THE GREATEST ELASTICITY OF IMPULSES BEHIND IT. THIS SUPERIMPOSED FORCE IS RELEASED IN DEFINITE LINES AND DIRECTIONS TO INFLUENCE THE CURRENTS OF THE ELECTRO MAGNETIC WAVES OF THE BODY. THE DIRECTION CAN BE FROM ANY ANGLE WHICH ACCOMPLISHES RELEASE OF ENERGY BLOCKS.

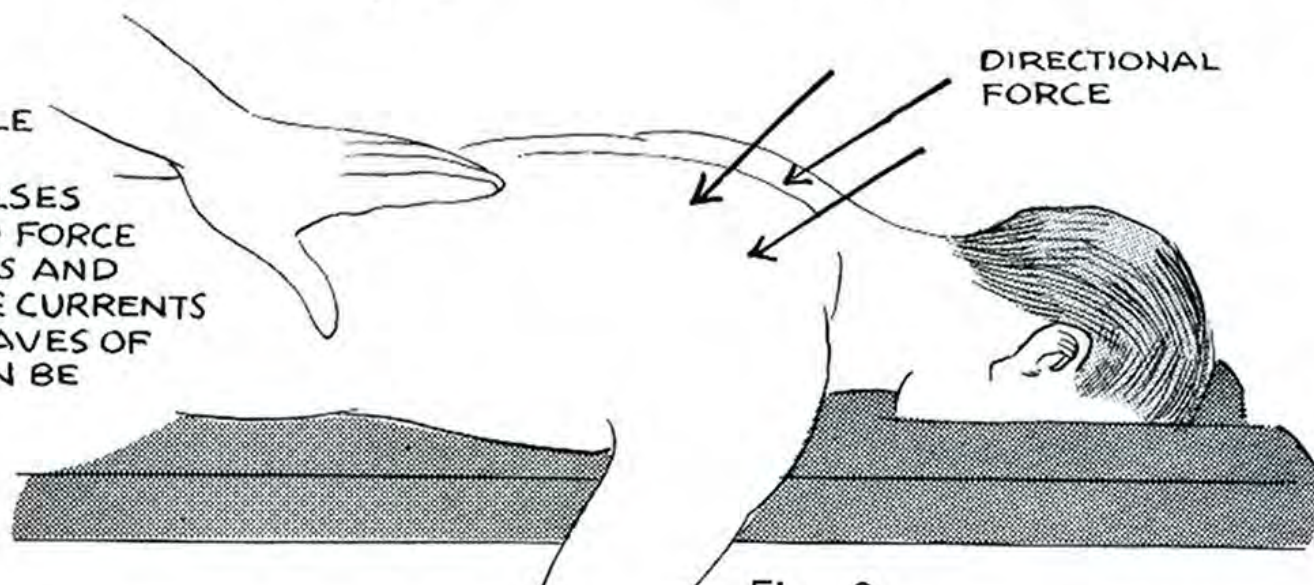
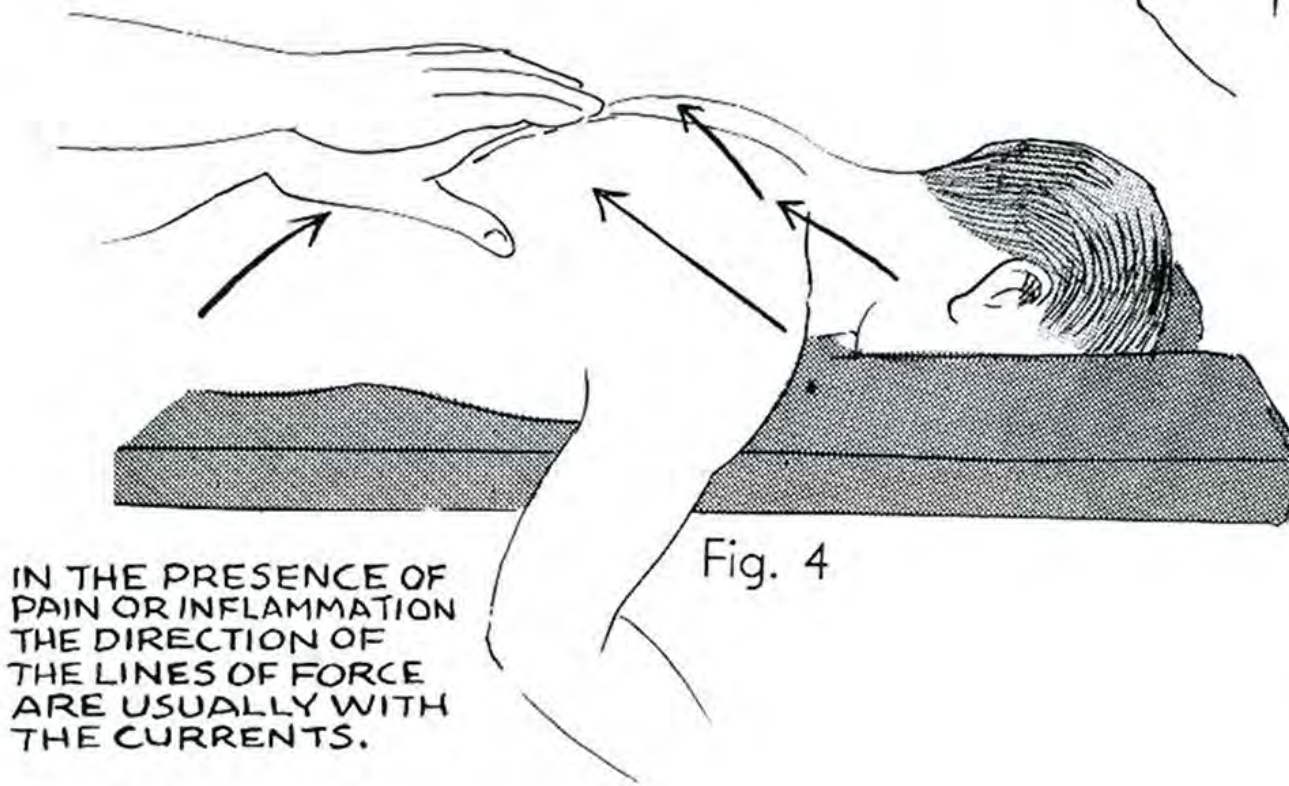


Fig. 3



IN THE PRESENCE OF PAIN OR INFLAMMATION THE DIRECTION OF THE LINES OF FORCE ARE USUALLY WITH THE CURRENTS.

Fig. 4

THE ANGLE AND THE DIRECTION IS DETERMINED BY THE HIGHEST AREA ON THE BACK AS THE PATIENT LIES STRAIGHT FACE DOWN ON THE TABLE WITH THE HEAD IN A SPLIT CUSHION. RAISED AREAS INDICATE TISSUE TENSION OF VARIOUS DEPTHS ALONG EACH SIDE OF THE SPINE. THESE CURRENTS MUST BE BALANCED AND TENSION BLOCKS REMOVED. THE CIRCULAR WIRELESS HORIZONTAL CURRENTS WHICH GO AROUND THE BODY ARE ALSO A FACTOR HERE AS WELL AS THE LONGITUDINAL NORTH AND SOUTH CIRCUITS FROM HEAD TO FEET. SEE CHART NO. 7.

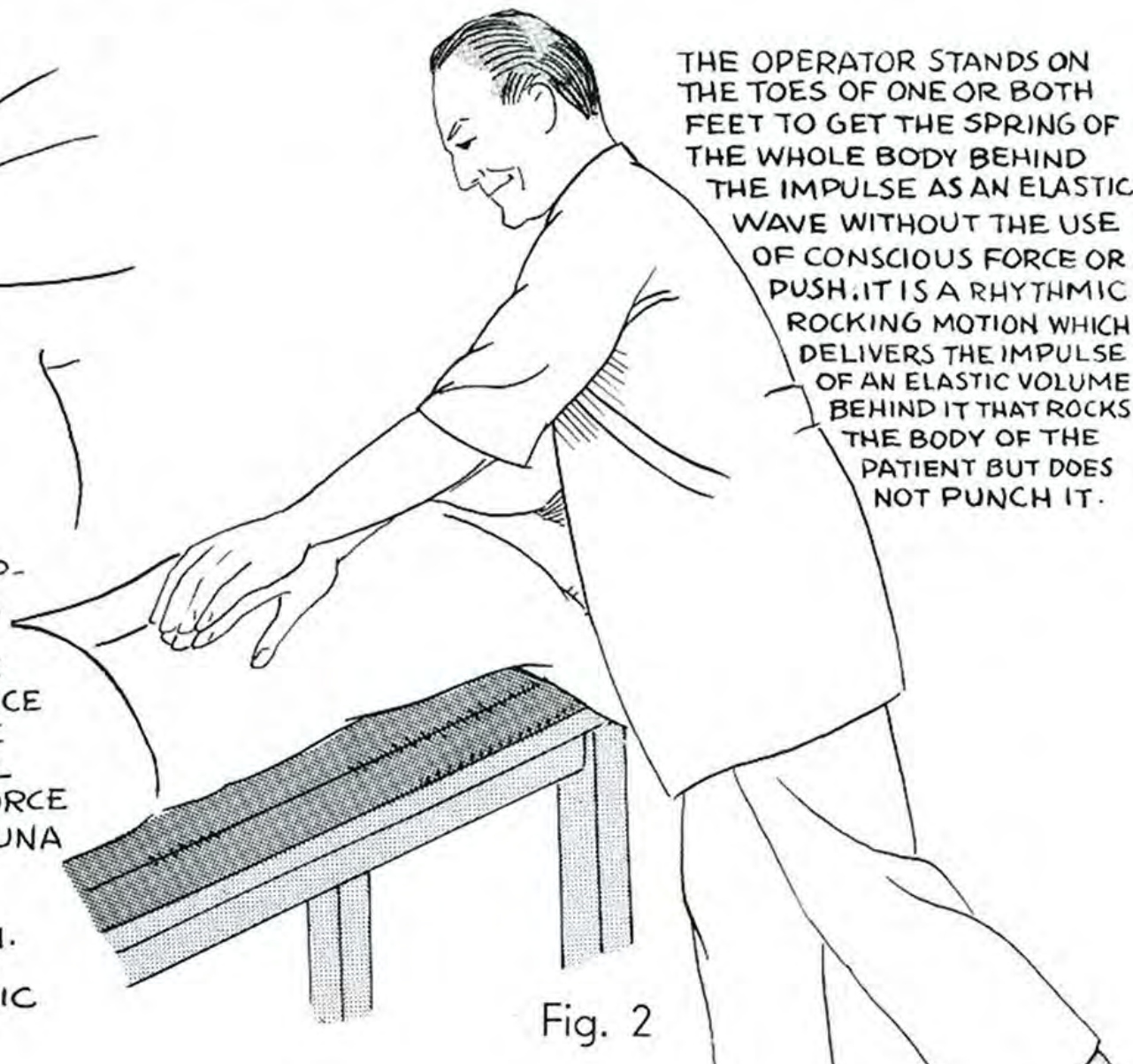
CHART NO.24

CONTACTS WITH BOTH HANDS ON RIGHT SIDE OF THE BODY AGAINST THE CURRENT FLOW OF THE ELECTRO MAGNETIC FORCES, TO COUNTERACT THE EXCESSIVE IMPULSES OVER THE MUSCLE FIBRES WHICH KEEP THEM UNDER CONSTANT TENSION OR SPASM.



Fig. 1

THIS TYPE OF THERAPY IS ACCOMPLISHED BY THE APPLICATION OF A CONCENTRATED FORCE APPLIED BY THE OPERATOR WITH DEFINITE DIRECTION AND SPEED TO INFLUENCE THE CURRENTS OF ENERGY IN THE PATIENT'S BODY WHICH CONTROL TISSUE FUNCTION. THIS ACTIVE FORCE IS OF THE PRINCIPLE OF THE RAJA GUNA TYPE OF ENERGY. IT IS A FORCE, PLUS PHYSICAL MOTION WITH VOLUME AND POLARITY DIRECTION. THE APPLICATION GIVEN HERE IS AGAINST THE ELECTRO MAGNETIC CURRENT FLOW.



THE OPERATOR STANDS ON THE TOES OF ONE OR BOTH FEET TO GET THE SPRING OF THE WHOLE BODY BEHIND THE IMPULSE AS AN ELASTIC WAVE WITHOUT THE USE OF CONSCIOUS FORCE OR PUSH. IT IS A RHYTHMIC ROCKING MOTION WHICH DELIVERS THE IMPULSE OF AN ELASTIC VOLUME BEHIND IT THAT ROCKS THE BODY OF THE PATIENT BUT DOES NOT PUNCH IT.

Fig. 2

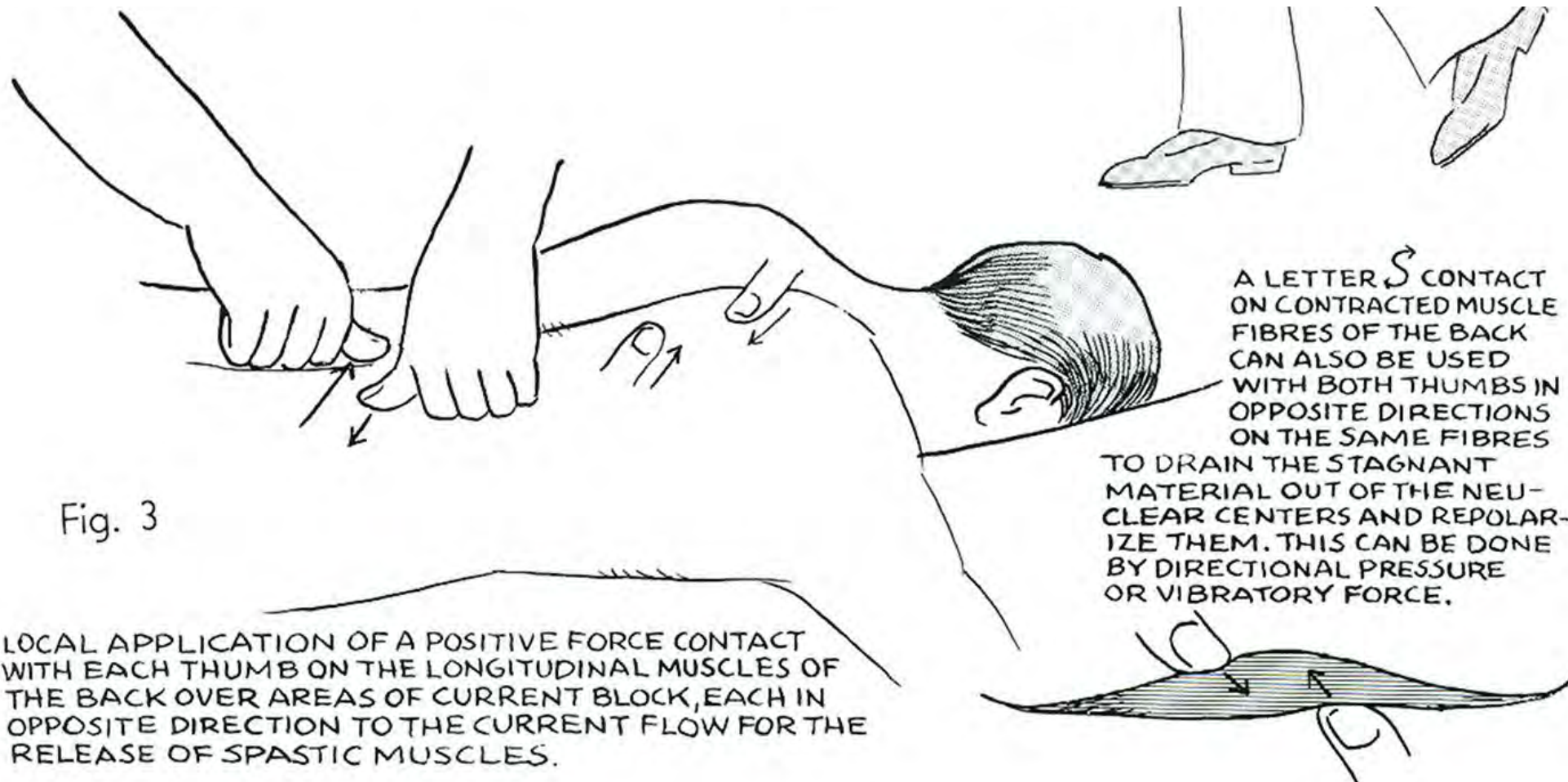


CHART NO.25.

CONTACTS ABOVE POUPART'S LIGAMENT TO CARRY IMPULSES ACROSS TO THE OPPOSITE SHOULDER. ILLUSTRATED THERAPY FOR CHARTS 9 AND 10.

THE HAND ILLUSTRATES THE FINGER TIPS MADE EVEN FOR THE CONTACT SO IT HURTS LESS AND GETS AN EVEN PRESSURE ON THE DEEPER MUSCLES.

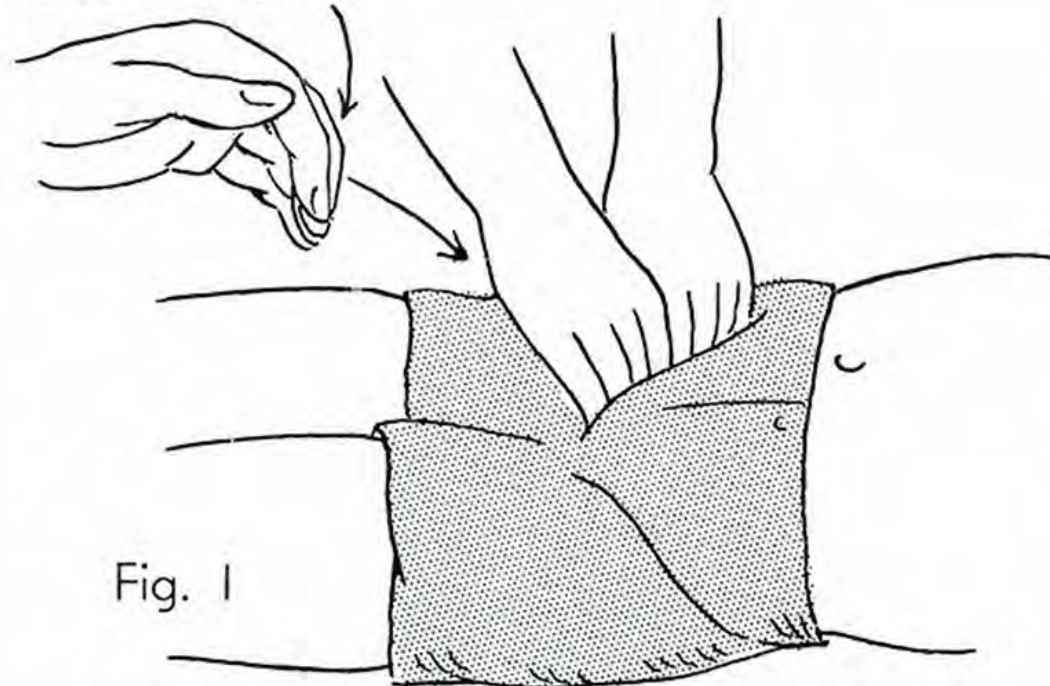


Fig. 1

A DEEP CONTACT IN THE ILIAC FOSSA JUST ABOVE POUPART'S LIGAMENT. AFTER RELAXING THE SUPERFICIAL ABDOMINAL MUSCLES THE OBJECTIVE IS THE RELEASE OF THE PSOAS MAGNUS AND ILIACUS MUSCLE AND PELVIC BLOCKS. THE DIRECTION OF THE ARMS IS TOWARD THE OPPOSITE SHOULDER WHICH THE OPERATOR FACES. IT AFFECTS ALL THE ORGANS ABOVE IT IN THAT LINE, ESPECIALLY THE STOMACH.

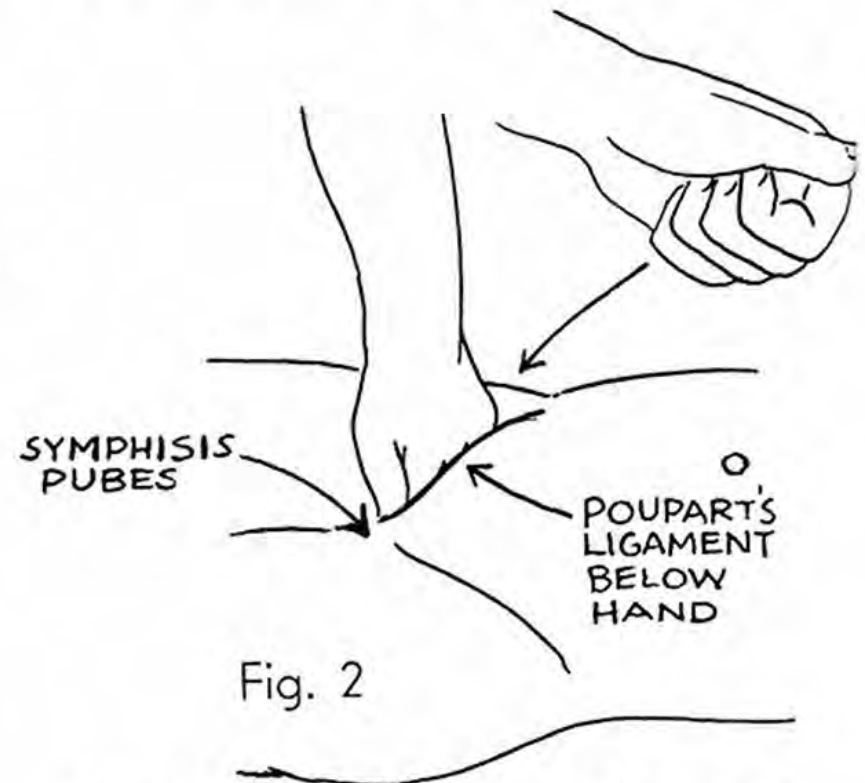
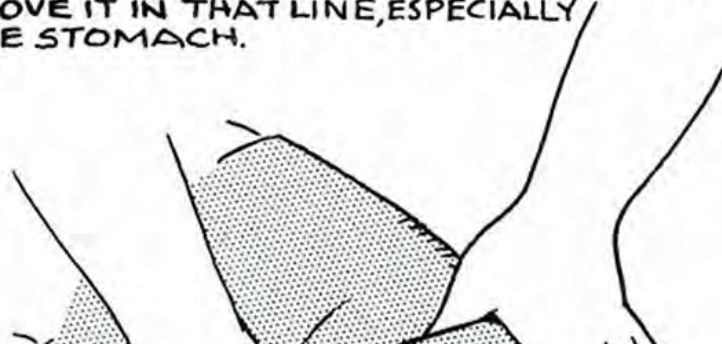
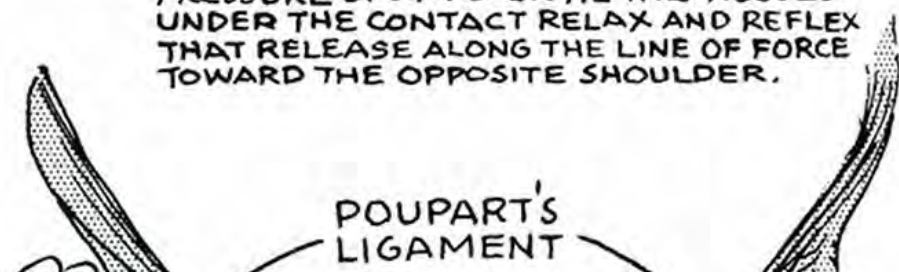
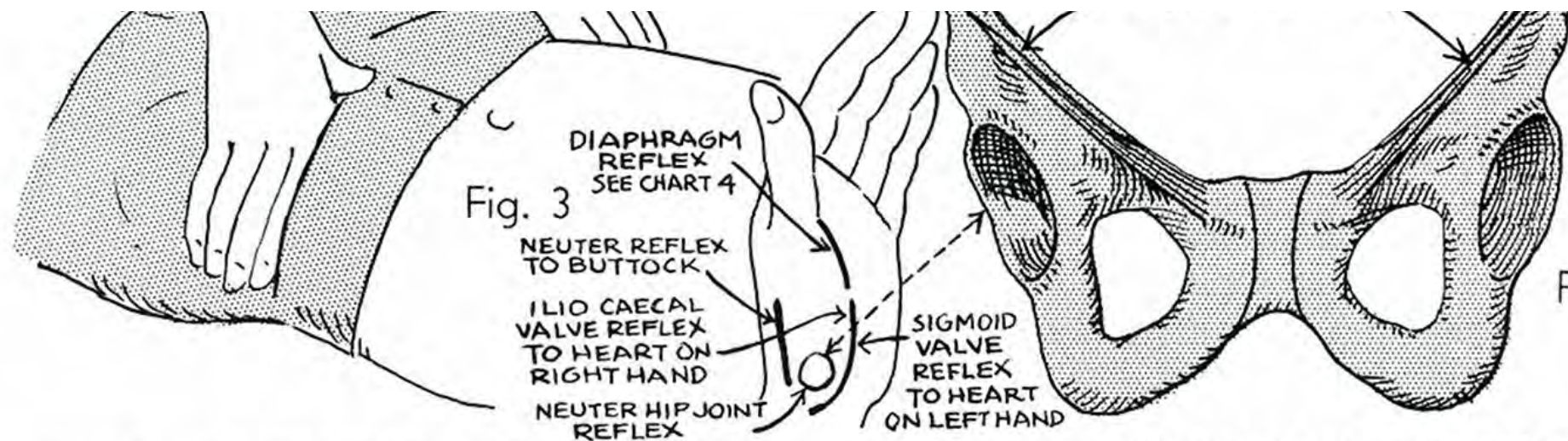


Fig. 2

A FIST AND KNUCKLE CONTACT IN THE SAME AREA FOR THE RELEASE OF THE SUPERFICIAL MUSCLES. IT IS GENERAL AND LESS PENETRATING BUT VERY EFFECTIVE IF PROPERLY DONE. A GENTLE CONTACT FIRST, THEN STEADY AND SPECIFIC DIRECTIONAL PRESSURE UPWARD UNTIL THE TISSUES UNDER THE CONTACT RELAX AND REFLEX THAT RELEASE ALONG THE LINE OF FORCE TOWARD THE OPPOSITE SHOULDER.

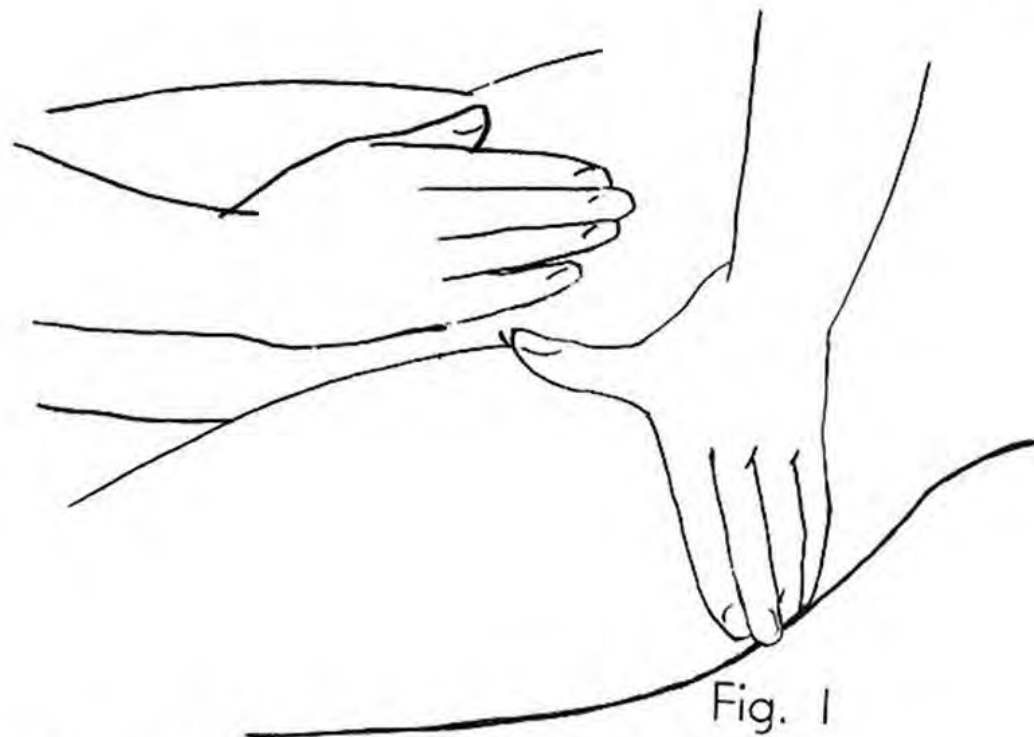




THE SAME PURPOSE CONTACT MADE WITH THE THUMBS OF BOTH HANDS. THE RIGHT THUMB IS MAKING A SPECIFIC CONTACT ON THE RECTUS ABDOMINALIS MUSCLE JUST ABOVE THE PUBIS. THE THUMBS MAKE A SOFTER CONTACT THAN THE FINGER TIPS AND GET A GOOD HOLD ON SURFACE MUSCLES. DIRECTION IS POSTERIOR AND DIAGONALLY SUPERIOR LIKE THE OTHER TWO CONTACTS SHOWN HERE. WHEN THESE AREAS DO NOT RESPOND - FIND THE PERINEAL REFLEX WHICH CONTROLS SPASMS OF INTRAPELVIC MUSCLES AND LEG REFLEXES

A CLEAR PICTURE OF THE ANTERIOR PELVIS AND POUPART'S LIGAMENT TO CLARIFY THE AREA OF CONTACTS ABOVE IT AND ALONG ITS COURSE FROM THE ANTERIOR SUPERIOR SPINE OF THE ILIUM TO THE SYMPHYSIS PUBIS. ANTERIORLY THIS IS THE NEGATIVE POLE TO THE NEUTER DIAPHRAGM AND THE SUPERIOR SHOULDER GIRDLE OF THE TRUNK. THESE GROIN AREAS HAVE A POWERFUL REFLEX AS BASIC AREAS TO THE SUPERIOR DIAGONALLY VIA THE POLARIZED BRAIN CURRENTS OF THE CADUCEUS IN A STRAIGHT LINE THRU THE ELECTRO-MAGNETIC FORCES BLENDING IN WITH GRAVITY.

CHART NO.26. VERY IMPORTANT DIRECTIONAL CONTACTS ON THE SYMPHYSIS PUBIS FOR BLADDER TROUBLE AND INFLAMMATION, FOR MENSTRUAL AND LEG CRAMPS AND PAINS, FOR SINUS CONGESTION.

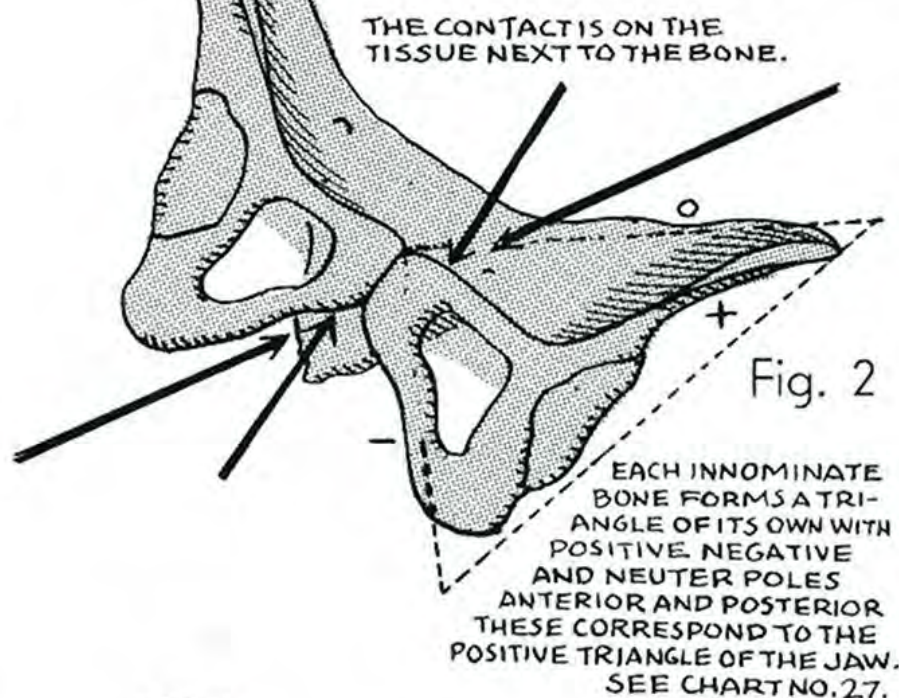


THE DIRECTION OF THE LINES OF FORCE APPLIED IN A CONTACT CAN BE SUPERIOR INFERIOR OR ON AN ANGLE. THE CORRECTNESS IS PROVED BY THE RELEASE OF TENSION AND SORENESS, AS WELL AS THE LENGTHENING OF THE SHORT LEG.

A SPECIFIC DIRECTIONAL CONTACT FOR THE SHORT LEG IS INFERIOR AND POSTERIOR ON THE TENSE MUSCLES NEAREST THE PUBIS ON THAT SIDE, FOLLOWING THE CONTACT UNDER THE EDGE OF THE BONE UNTIL THE



THE SYMPHYSIS PUBIS IS THE NEGATIVE CENTRAL POLE IN LINE OF RELATIONSHIP AND REFLEX TO THE ROOT OF THE NOSE ABOVE AND THE SINUSES. SEE CHART NO.11, - FIG.2. IN HEAD CONGESTIONS, SINUS TROUBLE, COLDS, ETC. THIS IS A VALUABLE THERAPY. FOR EXERCISE TO AID IN HOME TREATMENT SEE CHART. NO.52.

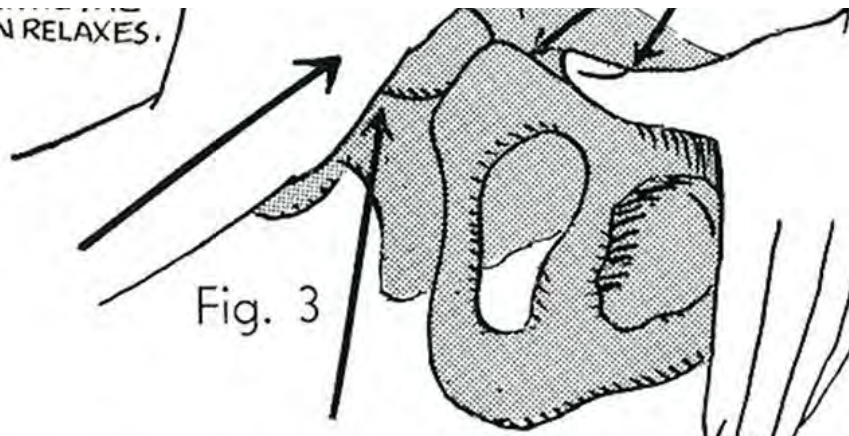


ANGLES OF CONTACTS AND LINES OF FORCE ON THE CONTRACTED MUSCLES.



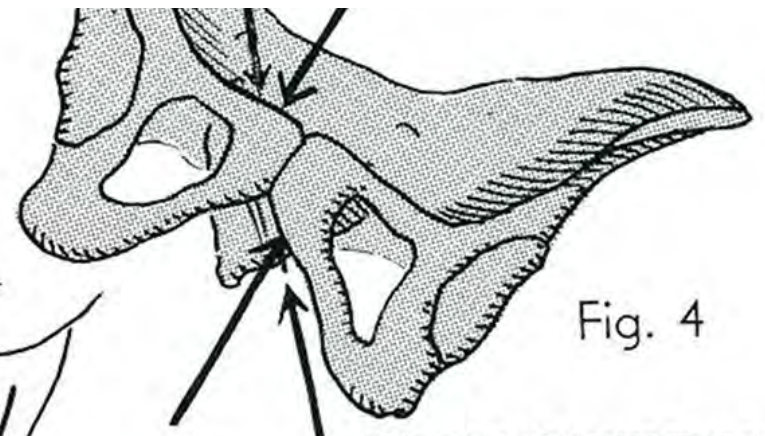
TENSION RELAXES.

Fig. 3



LIGHT APPLICATION OF DIRECTIONAL FORCE TO ONE SIDE OF THE PUBIC BONE HAS A POWERFUL LEVERAGE ACTION THROUGH THE INNOMINATE ON THE SACRO ILIAC ARTICULATION, BY THE INTERACTION OF THREE FORCES BLENDING IN THE SACRAL BONE AT THIS ARTICULATION IT HAS A DIRECT POLARITY REACTION TO THE FORAMEN MAGNUM AND THE MEDULLA OBLONGATA.
SEE CHART NO. 11 - FIG. 2.

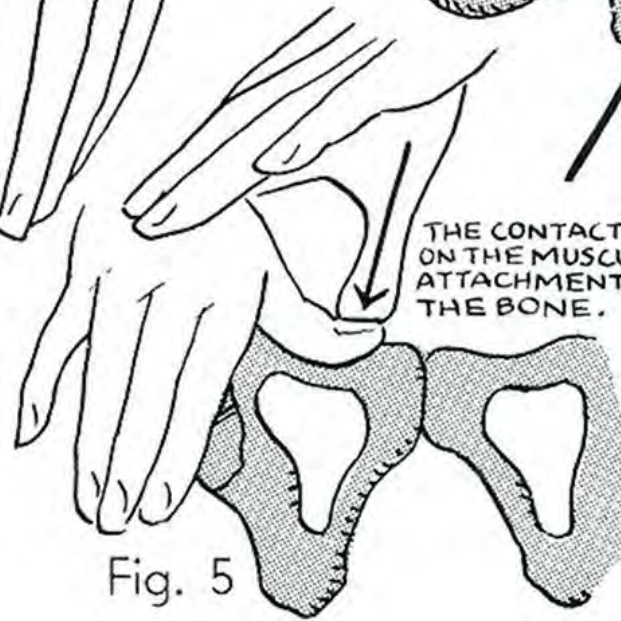
Fig. 4



THE THUMB CONTACT IS ON THE CONTRACTED MUSCLE TISSUE NEXT TO THE BONE. IT HURTS LESS TO GO UNDER THE BONE THAN ON IT.

THE CONTACT IS ON THE MUSCULAR ATTACHMENT TO THE BONE.

Fig. 5



A VERY GENTLE ROCKING ACTION CAN BE USED IN THE DIRECTIONAL FORCE APPLICATION. IT MAKES THE CONTACTS MORE EFFECTIVE AND EASIER TO TOLERATE BY THE PATIENT.

CHART NO.27. THE JAW IS THE POSITIVE POLE OF THE PUBIC BONE AND THE ISCHIUM

TONSILITIS CAN BE DETECTED AS SORENESS UNDER THE JAW WITH A DEEP CONTACT AT NO.4. RELEASE THE CORRESPONDING AREA AT THE NEGATIVE POLE AT THE ISCHIUM. TENDERNESS FOUND HIGHER UP UNDER THE CONDYLES OF THE MANDIBLES SHOULD BE CHECKED AT THE ILIAC FOSSA FOR ITS CAUSATIVE REFLEX.

THE MANDIBULAR JOINT AND THE HIP JOINT HAVE A RELATIONSHIP OF POSITIVE TO NEGATIVE. THE FOUR AREAS OUTLINED HERE ROUGHLY RELATE TO THE FOUR AREAS OF THE PERINEUM. STRUCTURAL AND FUNCTIONAL REFLEXES ARE PRESENT. IT IS POSSIBLE TO EFFECT POWERFUL SPECIFIC REACTIONS HERE AT THE POSITIVE POLE WITH SPECIFIC CONTACTS ON TWO POINTS - ONE ABOVE AND ONE BELOW.

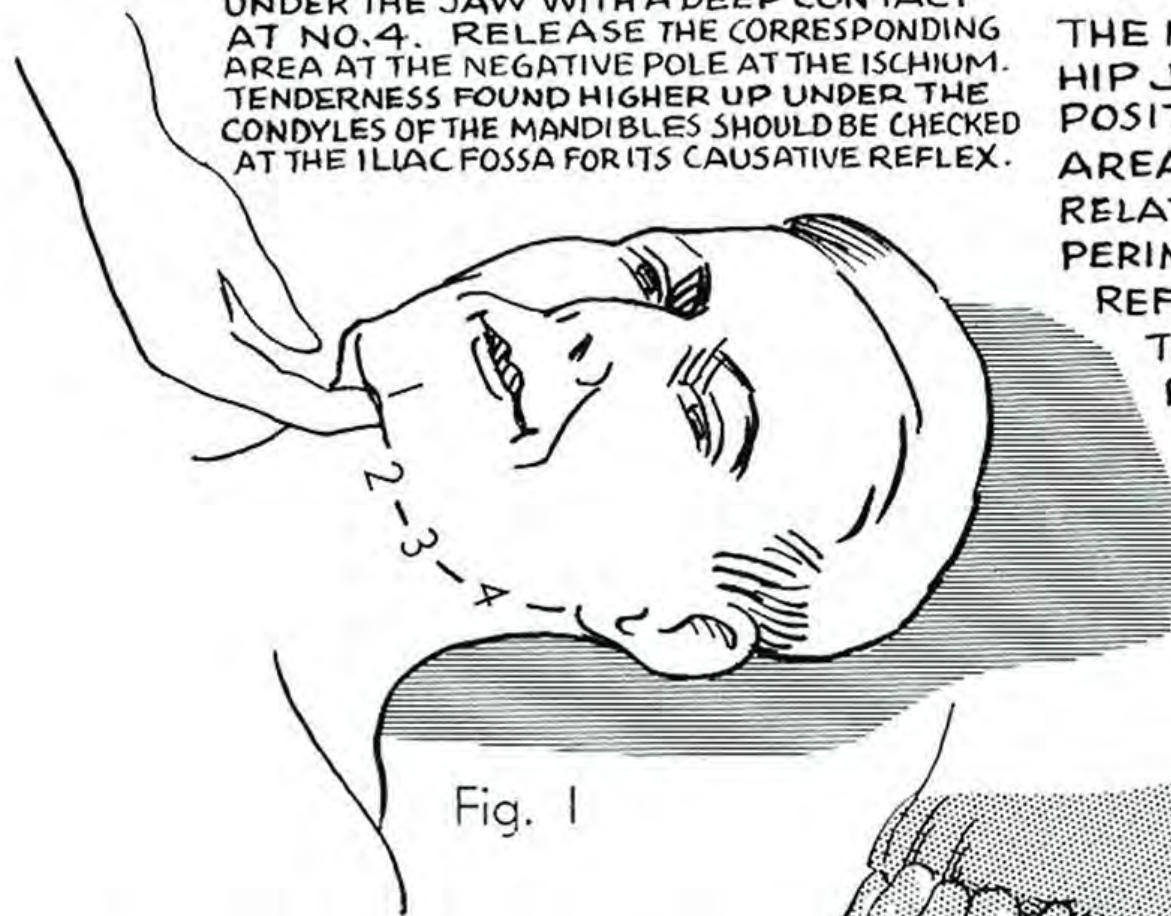


Fig. 1

ALL JOINTS ARE NEUTER POINTS WHERE THE ENERGY CROSSES OVER, MAKING FLEXION POSSIBLE IN THE LINES OF FORCE. WHEN ENERGY FLOWS STRAIGHT IT IS AN EXTENSION OF FORCE. THROUGH NEUTER POINTS IT BECOMES

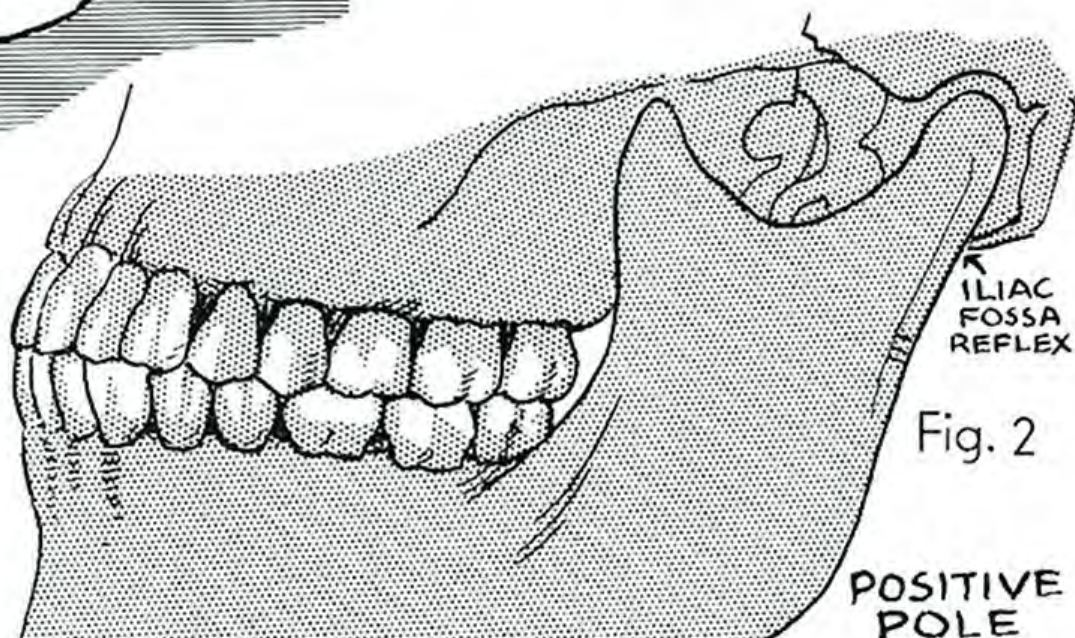


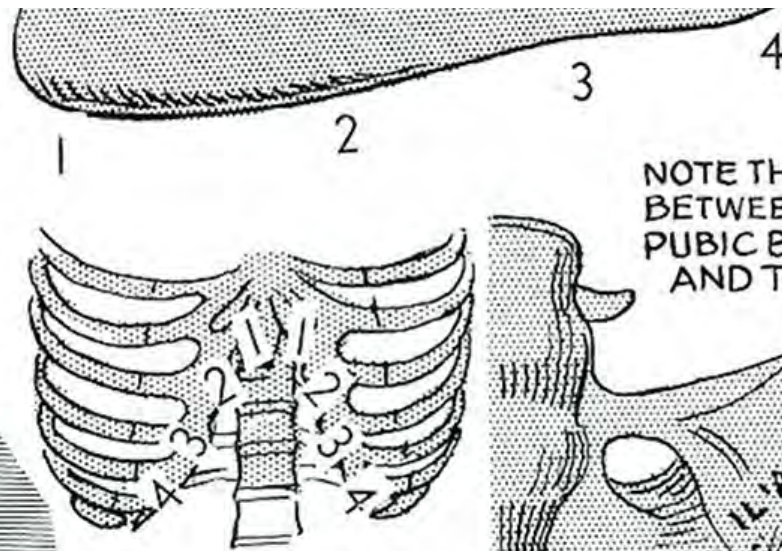
Fig. 2

MECHANICAL LEVERAGE
BY CHANGE OF
POLARITY.



Fig. 3

PATIENT ON HIS BACK SHOWING A
CONTACT UNDER THE JAW ON BOTH
SIDES AS A GENERAL STRETCH OF
SOFT TISSUES.



ANTERIORLY, THE
DIAPHRAGM AND
IMMEDIATELY BELOW
IT UNDER THE
FLOATING RIBS, IS
THE NEUTER AREA
FOR CONTACTS.

NOTE THE RESEMBLANCE
BETWEEN THE JAW, THE
PUBIC BONE, THE ISCHIUM
AND THE ILIUM.

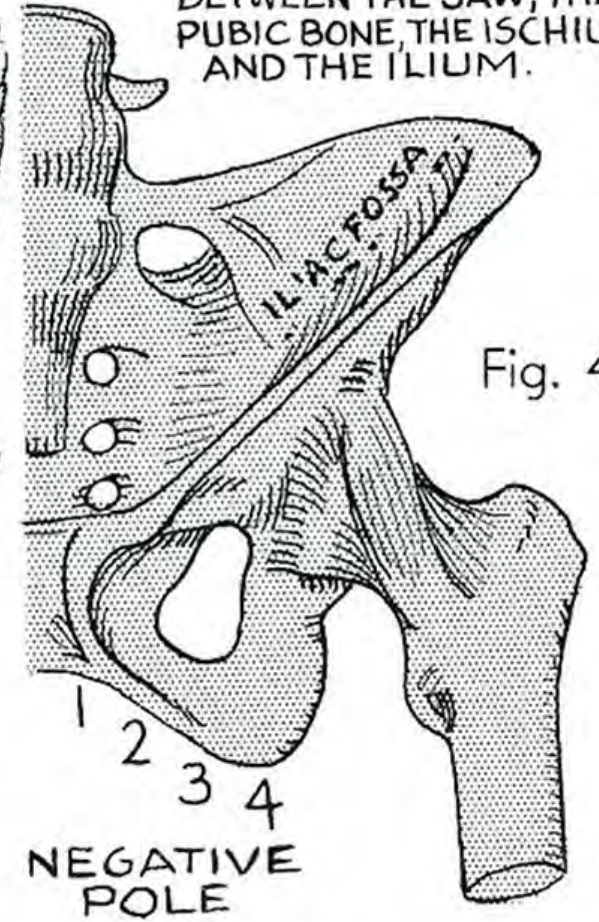


Fig. 4

CHART NO.28

THE THREE POLES OF THE DIAPHRAGM IN ITS RESPIRATORY MECHANISM AND CONTACT AREAS TO INFLUENCE IT ANTERIORLY AND POSTERIORLY.

POSITIVE POLE OF DIAPHRAGM AND RESPIRATORY REFLEXES AND ITS ANTERIOR TRIANGLES

MANY CHRONIC PAINS UNDER THE SHOULDER BLADE ARE A DIRECT REFLEX FROM THE LOWER ABDOMINAL REGION AND CAN BE RELEASED THERE. THIS REFLEX CAN BE FROM THE ILEOCAECAL VALVE, THE GALL BLADDER, OR THE AMPULLA OF VATER, THE SIGMOID, ETC., THE CURRENT USUALLY CROSSES OVER TO THE OPPOSITE SHOULDER AND REGISTERS AS A PAIN UNDER IT.

INFERIOR POLE OF THE DIAPHRAGM

SHOWING THE BODY CAVITY DIVIDED BY THE DIAPHRAGM



FIG.1 SHOWS THE ANTERIOR VIEW OF THE THREE POLES OF THE DIAPHRAGM. THE LOWER OR NEGATIVE POLE IS DIVIDED INTO TWO LATERAL (DOTTED) TRIANGLES AND A NEUTER ONE IN THE MIDDLE. THE SUBPOSITIVE POLE IS MARKED ON EACH SIDE ALONG THE HEAVY THIGH MUSCLES. THE ENTIRE NEGATIVE POLE IS AN EXTENSION ANTERIORLY OF THE PERINEAL LINE OVER THE THIGHS AS THE NEGATIVE RESPIRATORY POLE IN RUNNING. CONTACTS ON THE NEGATIVE OR THE NEUTER POLE WITH ONE HAND AND ON THE POSITIVE POLE ABOVE WITH THE OTHER HAS A VERY SOOTHING EFFECT ON THE PATIENT. FIND THE TENDER SPOT ON THE NEGATIVE, NEUTER OR LOWER POSITIVE POLE FIRST THEN PLACE A MODERATELY FIRM CONTACT ON THE MUSCLES IN THE DIRECTION UPWARD TO THE SUPERIOR CONTACT OVER THE SHOULDER MUSCLES, ON THE SAME SIDE OR DIAGONALLY. HOLD FOR A MOMENT UNTIL THE TENSION RELAXES. THUS RELEASE THE SORE SPOTS FROM THE NEGATIVE, NEUTER OR POSITIVE POLES BELOW. THE CONTACT ON THE SHOULDER IS A FIRM GRIP ON THE MUSCLES,

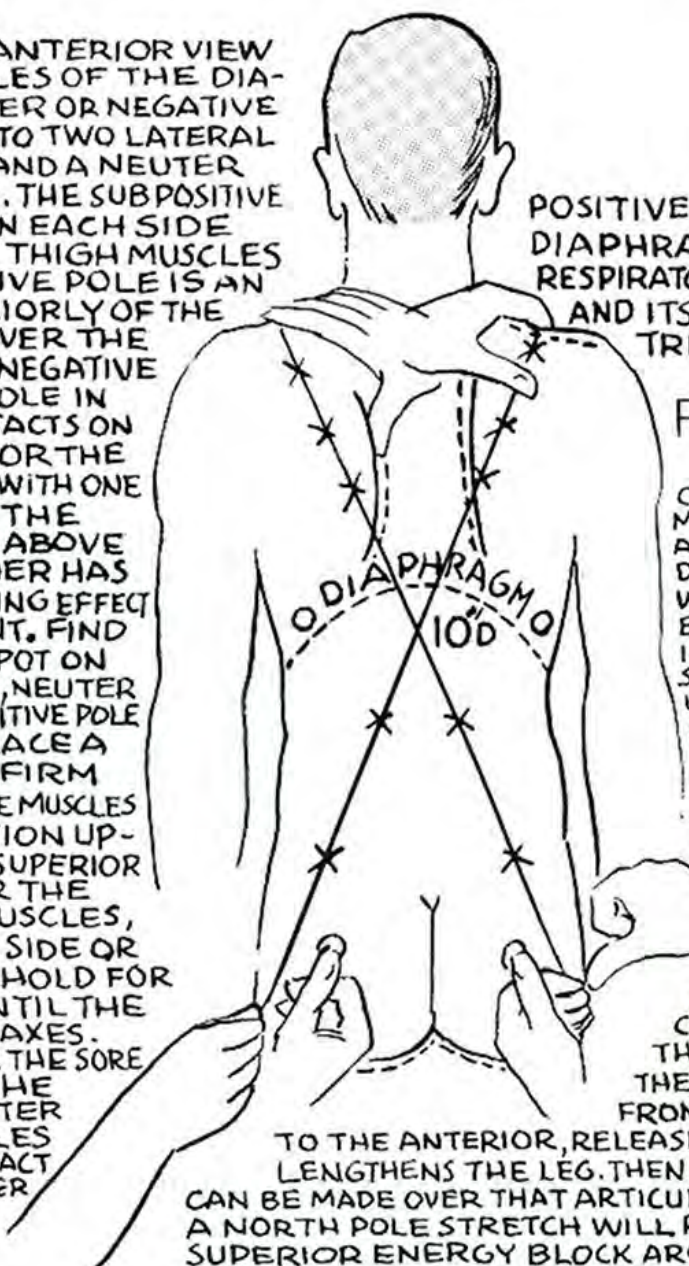
Fig. 1

POSITIVE POLE OF DIAPHRAGM AND RESPIRATORY REFLEXES AND ITS POSTERIOR TRIANGLES

Fig. 2

CONTACTS MAY BE MADE ANYWHERE ALONG THESE DIAGONAL LINES WHEREVER THE ENERGY BLOCK IS FOUND. THE SHORT LEG SIDE USUALLY PRESENTS SORENESS OVER THE MASTOID BONE, WITH DEFINITE SORENESS AND CONGESTION OVER THE GLUTEI MUSCLES ON THAT SIDE. A PRESSURE CONTACT WITH THE THUMB OVER THE SORE MUSCLES, FROM THE POSTERIOR

TO THE ANTERIOR, RELEASES THEM AND LENGTHENS THE LEG. THEN A HIP CORRECTION CAN BE MADE OVER THAT ARTICULATION EASILY. A NORTH POLE STRETCH WILL RELEASE THE SUPERIOR ENERGY BLOCK AROUND THE FORAMEN MAGNUM ON THAT SIDE.



BY THE DIAPHRAGM
INTO THORAX
AND ABDOMEN

THORAX
DIAPHRAGM
ABDOMEN

Fig. 3

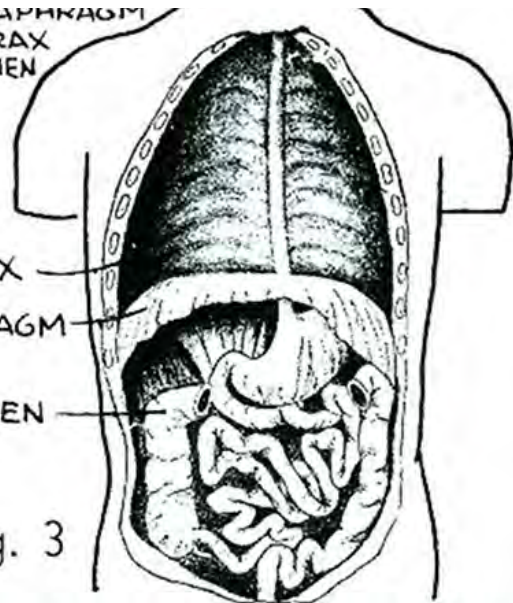


FIG. 2 GIVES A POSTERIOR VIEW OF THREE POLES OF THE DIAPHRAGM AND ITS TRIANGLES ABOVE AND BELOW AS RESPIRATORY REFLEX CENTERS. PLEASE NOTE, THAT THE TWO LINES DRAWN FROM THE HEAD OF THE FEMURS TO THE MIDDLE OF THE SHOULDERS CROSS AT THE 10TH DORSAL VERTEBRAE WHICH IS THE CENTER FOR THE DIAPHRAGM, SEE THE CHART ON PAGE 50 IN THE NEW ENERGY CONCEPT OF THE HEALING ART, ANTERIOR AND POSTERIOR VIEW OF SKELETON AND ITS LINES OF FORCE FOR THERAPY. THE PATIENT LIES FACE DOWN. HERE A POSITIVE CONTACT ON THE TENDER SPOTS OF THE OUTSIDE OF THE THIGH IS USED WITH A FIRM GRIP ON EITHER OF THE SHOULDER MUSCLES - OR FROM A NEUTER CONTACT OF A TENDER SPOT OF EITHER BUTTOCK TO THE SHOULDER. THESE TWO CONTACTS ARE OF A NEGATIVE FIRM PRESSURE TYPE AND ARE HELD FOR A MOMENT UNTIL RELAXATION TAKES PLACE. THIS IS A DENSE MUSCULAR RELEASE WHERE THE CENTER OF THE MUSCLE NEEDS TO BE EMPTIED IN ORDER TO FUNCTION FREELY.

THE DIAPHRAGM IS THE MAIN RESPIRATORY MUSCLE DOING THE MOST IMPORTANT WORK IN LIFE. EVERY CELL NEEDS THE LIFE ENERGY CONTAINED IN THE BREATH; WITHOUT WHICH THEY CANNOT SURVIVE. ITS POLARITY FUNCTION AND MINUTE DISTRIBUTION OF FINE ENERGY WAVES IS A MOST IMPORTANT FACTOR TO REACH CELLULAR TISSUE. POLARITY CONTACTS ARE VERY SOOTHING TO THE PATIENT, HAVING A REPOLARIZING EFFECT. TENDER AND CONGESTED AREAS INDICATE ENERGY BLOCKS. THE DIAPHRAGM IS THE FUNCTIONING NEUTER POLE OF LIFE. ITS POWERFUL EFFECT AS A SHOCK TREATMENT BY VOMITING AND ITS CURATIVE EFFECT UPON INSANITY HAVE BEEN CLEARLY DEMONSTRATED BY DR. BERNARD ASCHNER OF NEW YORK CITY. TRULY THE DIAPHRAGM IS THE FIRMAMENT WHICH DIVIDES THE ENERGY (WATERS) ABOVE AND BELOW. IT IS THE BRIDGE WHERE MIND AND LIFE CROSS INTO THE EMOTIONAL VITAL FIELD. ITS RHYTHMIC MOTION TRULY SUPPORTS THE ENERGIES ABOVE, LIFTS AND ACTIVATES THE CONTENTS BELOW.

CHART NO.29. RESPIRATORY AND AUTONOMIC SENSORY REFLEX THERAPY FOR MENTAL-EMOTIONAL AND NERVOUS TENSION RELEASE.

THIS IS A GENTLE RELAXING TECHNIQUE BY THE USE OF THE PENETRATING PRANA ENERGY IN THE BREATH, WHICH MUST REACH EVERY CELL OF THE BODY. IT IS A SENSORY CONTACT APPLIED THROUGH THE POLES OF THE DIAPHRAGM, BY GENTLE POLARIZING CONTACTS AS IN PERINEAL THERAPY. THE APPLICATION OF THE INTRODUCED NEUTER FORCE IS OF THE PRINCIPLE OF BALANCE (SATTWA).

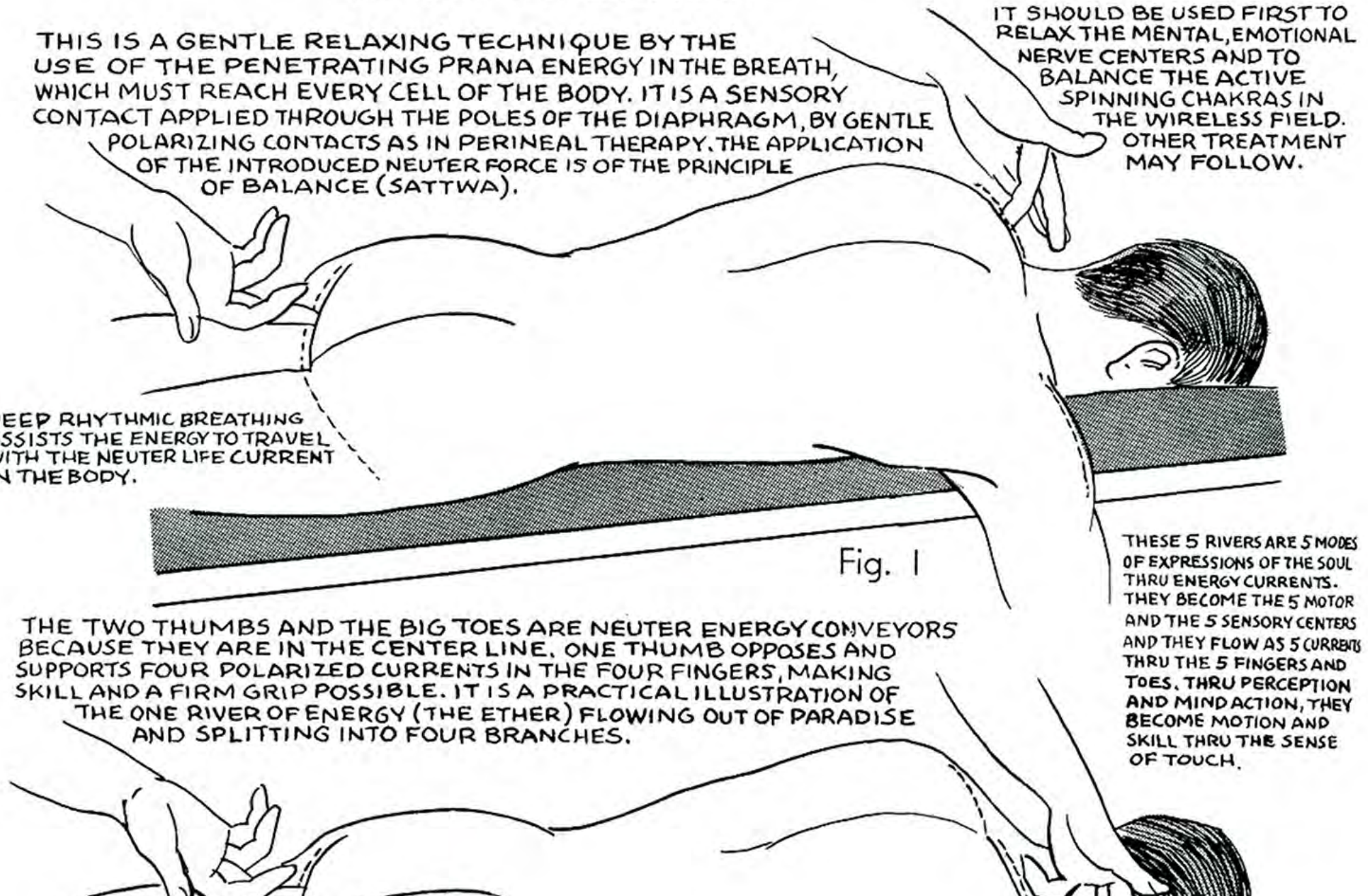
IT SHOULD BE USED FIRST TO RELAX THE MENTAL, EMOTIONAL NERVE CENTERS AND TO BALANCE THE ACTIVE SPINNING CHAKRAS IN THE WIRELESS FIELD. OTHER TREATMENT MAY FOLLOW.

DEEP RHYTHMIC BREATHING ASSISTS THE ENERGY TO TRAVEL WITH THE NEUTER LIFE CURRENT IN THE BODY.

Fig. 1

THE TWO THUMBS AND THE BIG TOES ARE NEUTER ENERGY CONVEYORS BECAUSE THEY ARE IN THE CENTER LINE. ONE THUMB OPPOSES AND SUPPORTS FOUR POLARIZED CURRENTS IN THE FOUR FINGERS, MAKING SKILL AND A FIRM GRIP POSSIBLE. IT IS A PRACTICAL ILLUSTRATION OF THE ONE RIVER OF ENERGY (THE ETHER) FLOWING OUT OF PARADISE AND SPLITTING INTO FOUR BRANCHES.

THESE 5 RIVERS ARE 5 MODES OF EXPRESSIONS OF THE SOUL THRU ENERGY CURRENTS. THEY BECOME THE 5 MOTOR AND THE 5 SENSORY CENTERS AND THEY FLOW AS 5 CURRENTS THRU THE 5 FINGERS AND TOES. THRU PERCEPTION AND MIND ACTION, THEY BECOME MOTION AND SKILL THRU THE SENSE OF TOUCH.



THE FINGERS MUST NOT TOUCH EACH OTHER WHILE GIVING THIS SENSORY-POLARITY TREATMENT. THE LIGHTEST TOUCH OR PROXIMITY COUNTS IN POLARIZING SENSORY CENTERS

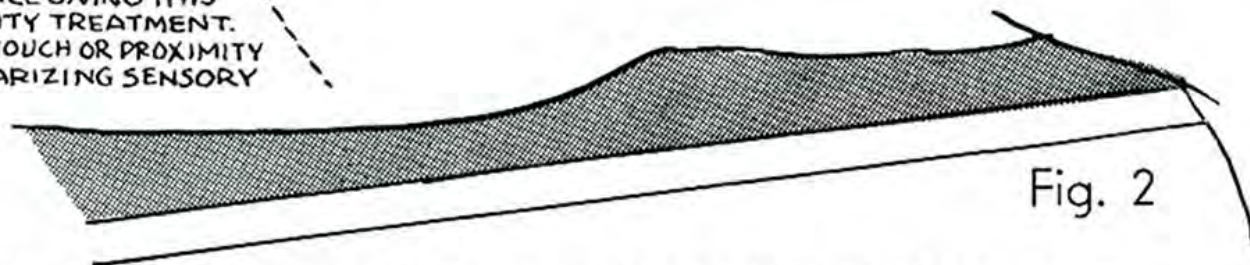
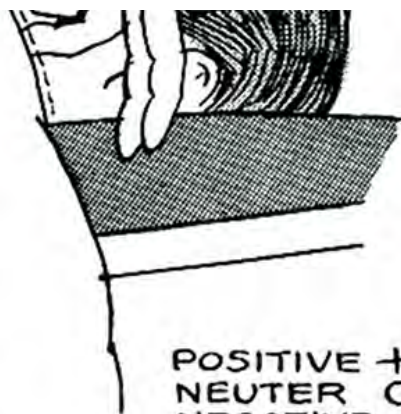


Fig. 2



POSITIVE +
NEUTER O
NEGATIVE -

THE BUTTOCK LINES POSTERIORLY ARE EXTENSIONS OF THE PERINEAL LINE OF THE NEGATIVE POLE OF THE DIAPHRAGM. THEY REFLEX TO THE POSITIVE RESPIRATORY LINES ABOVE. SENSORY CURRENTS ARE INGOING CURRENTS. GENTLE CONTACTS ACCOMPLISH MUCH WITH A POSITIVE FINGER ON THE NEGATIVE POLE AND A NEGATIVE FINGER ON THE POSITIVE POLE MERELY DIRECTING ENERGY THRU POLARITY AND RESPIRATION. EVERY CELL IS ALIVE; TISSUES RESPOND TO THE RHYTHMIC FLOW OF PRANA ENERGY IN THE BREATH. THESE GENTLE IMPULSES GO DEEP AND RELEASE SENSORY MECHANISM BLOCKS BY POLARIZING AND BALANCING OF THE SUPERIOR AND THE INFERIOR OR THE WITHIN AND THE WITHOUT. IT IS LIKE PERINEAL TECHNIQUE, A THERAPY FOR BALANCING RESPIRATORY, EMOTIONAL AND SENSORY ENERGY CURRENTS.

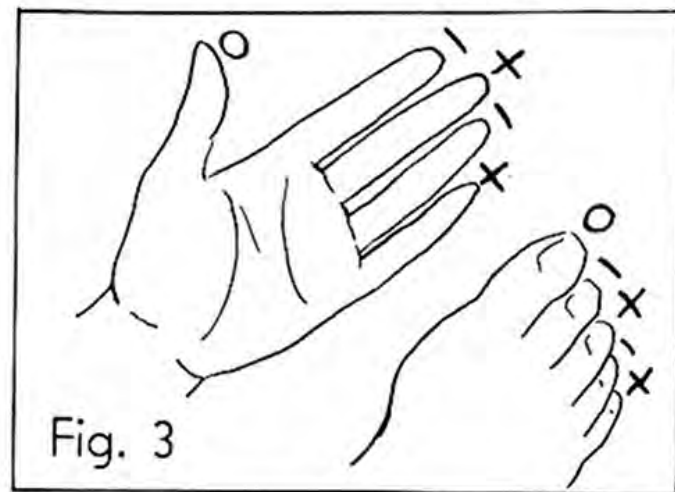


Fig. 3

CHART NO.30. PERINEAL CONTACTS IN RELATION TO THE NECK, SHOULDER, ELBOW AND HIP.

DEEP AND CONCEALED ENERGY BLOCKS CAUSE CHRONIC DISEASES THRU SPASMS OF TISSUE AND STASIS. FOR THOSE CONDITIONS A STEADY AND FIRM CONTACT IS USED ON THE SPASTIC MUSCLES OF THE PERINEAL FLOOR. THE APPLIED LINE OF FORCE FOLLOWS THE BLOCKADE INTO THE PELVIS AND HOLDS IT TO TOLERATION UNTIL IT LETS GO.

A LEFT LATERAL ATLAS IS USUALLY AN EMOTIONAL BLOCK.

CONTACT NO.1 RELEASES THE ATLAS ON THE OPPOSITE SIDE.

PERINEAL TREATMENT CORRECTLY DONE WILL UNLOCK ENERGY BLOCKS QUICKER THAN MOST OTHER METHODS BECAUSE IT DEALS WITH THE VITAL FORCE OF EMOTIONAL LOCKS AND FRUSTRATIONS. FOR THIS PURPOSE A LIGHT CONTACT IS USED TO RELAX GENTLY AND ALLOW FOR RELEASE OF SURFACE ENERGY BLOCKS BY SIGHING, CRYING, HEAVY BREATHING, ETC.

THE CONTACT IS LIGHT AT FIRST; THE DIRECTION IS HEADWARD AND TOWARD THE MEDIAN LINE.

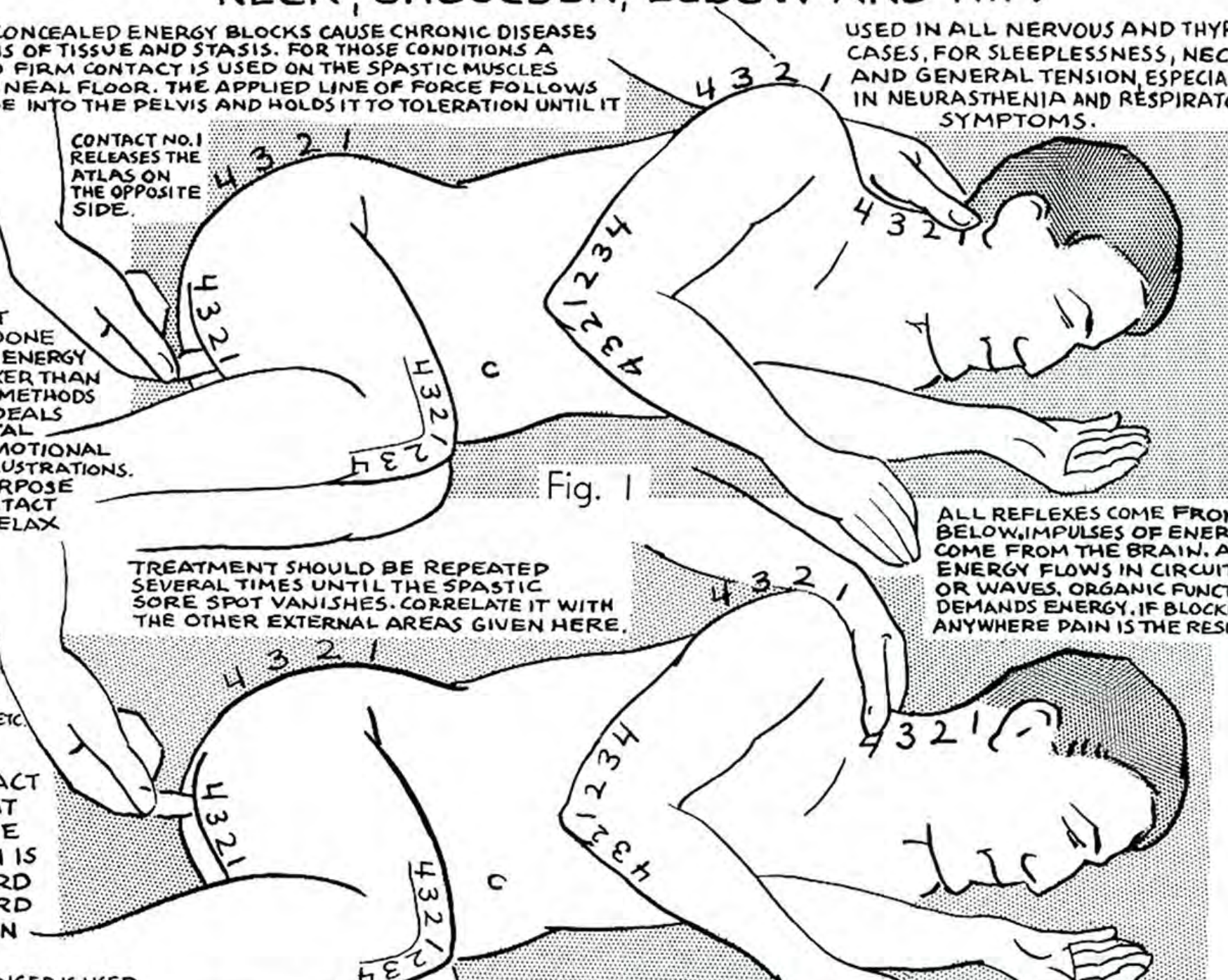
THE FIRST FINGER IS USED

USED IN ALL NERVOUS AND THYROID CASES, FOR SLEEPLESSNESS, NECK AND GENERAL TENSION, ESPECIALLY IN NEURASTHENIA AND RESPIRATORY SYMPTOMS.

TREATMENT SHOULD BE REPEATED SEVERAL TIMES UNTIL THE SPASTIC SORE SPOT VANISHES. CORRELATE IT WITH THE OTHER EXTERNAL AREAS GIVEN HERE.

ALL REFLEXES COME FROM BELOW. IMPULSES OF ENERGY COME FROM THE BRAIN. ALL ENERGY FLOWS IN CIRCUITS OR WAVES. ORGANIC FUNCTION DEMANDS ENERGY. IF BLOCKED ANYWHERE PAIN IS THE RESULT.

Fig. 1



THE FIRST FINGER IS USED TO FIND THE TENSED FIBRES. THE SECOND FINGER IS USED FOR TREATMENT.

FIG.1 SHOWS A CONTACT ON PERINEAL NO.1 UNDER THE SYMPHYSIS PUBIS AND SLIGHTLY TO THE POSTERIOR TOWARDS THE ISCHIUM. THE THUMB OF THE LEFT HAND IS ON AREA NO.1 OVER THE ATLAS AND ABOVE IT ON THE OCCIPITAL AND TEMPORAL BONES BEHIND THE EAR WITH FIRST FINGER ON THE OPPOSITE SIDE OF THE NECK ON THE SAME AREA. CONTACT NO.1 RELATES TO ALL NO.1 AREAS ON THE CHART.

FIG.2 SHOWS CONTACT 4 FURTHER BACK ON THE PERINEUM NEAR THE COCCYX IN AREA 4 AND ABOVE ON THE CERVICAL VERTEBRAE 6 AND 7 IN THE SPINAL GROOVE. BOTH CONTACTS ARE ON THE RIGHT SIDE HERE. HOWEVER, THE CURRENT FROM THE PERINEUM CROSSES OVER VIA THE CENTRAL CURRENT AND RELEASES TENSION ON THE OPPOSITE SIDE OF THE NECK.

Fig. 2

FIG.3 GIVES THE LOCATION OF THE PERINEAL AREAS AND THE MUSCULATURE UNDERLYING THE SKIN.

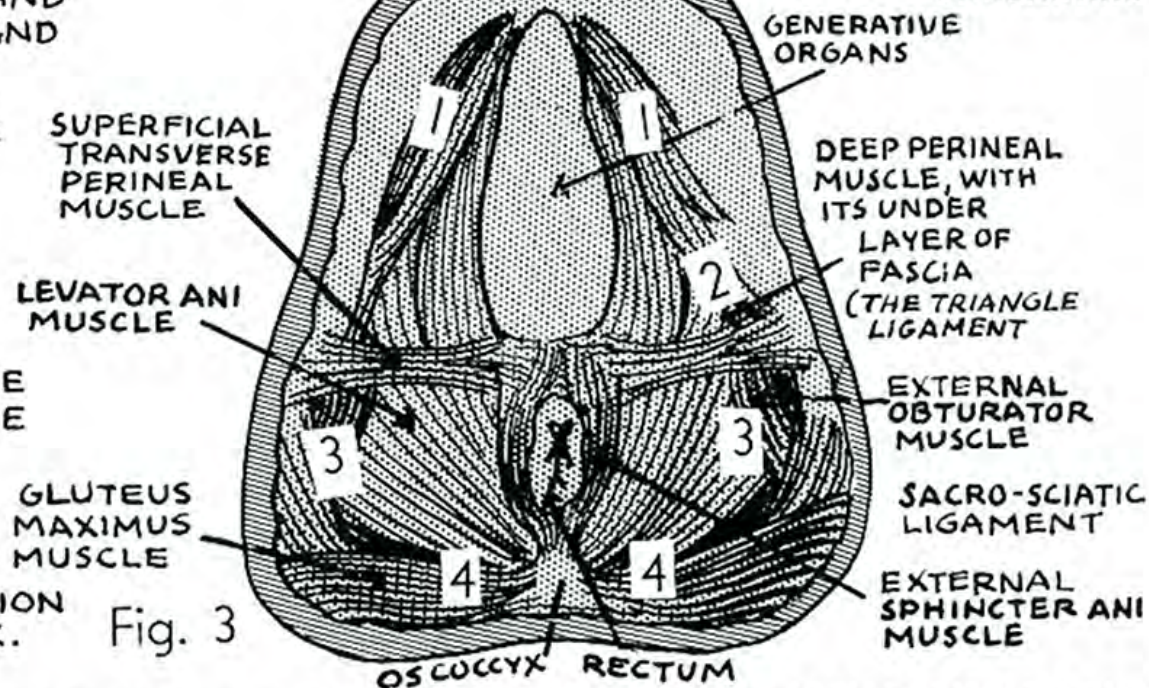


Fig. 3

CHART FOR PERINEAL TREATMENT DESCRIBED ON PAGES 50, 51, 52 IN THE NEW ENERGY CONCEPT OF THE HEALING ART. PAGE 49 GIVES A DIAGRAM OF PERINEAL FLOOR AND CONTACT POINTS.



Writings of Polarity Therapy founder
Randolph Stone, DO, DC, ND (1890-1981)
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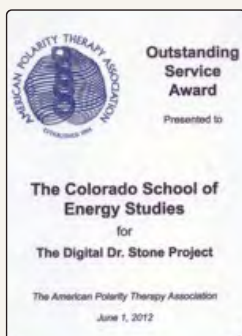
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Mental and Emotional Therapy

and tense. A bony correction should never be forced. Merely telling the patient to relax is useless. Tension usually goes much deeper than the voluntary muscular control.

PERINEAL TREATMENT:

A - Have the patient lie on the left side on a soft table, with the head on a pillow, knees drawn up. The operator sits on a stool, facing the back of the patient. Trace the path of vital forces in their bipolar action, from the neck to the perineum, via the sympathetic nerves. Also check the motor reflexes from the top of the spine to the bottom, in the lumbar region. Correlate them. Release them with deep perineal contacts and contacts in each area alternately.

B - Check the neck for tenderness and spastic muscles. With the left hand contact the sorest spot, and either inhibit or stimulate, while holding a deep perineal contact below until you find the exact spot here to relax the above tension.

C - With the first or second finger of the right hand, find the most tender spot in the perineum, on the same side of the neck lesion. Use a finger cot on the finger of this hand or work through thin clothing such as a gown, underwear, tissue or thin hand towel. Take care never to enter an orifice when giving this treatment because the nerve endings we are balancing now are on the surface. The energy circuit with which we are concerned here is on its return flow from the periphery to the centers within, as sensory currents. (See [Chart No. 2](#) in "POLARITY THERAPY" also Charts [30](#) & [31](#) in "WIRELESS ANATOMY")

D - If the pulse is fast, then the upper cervical area (1st, 2nd and 3rd vertebrae [C1, C2, C3] or any sore spot over the occipital space) is lightly and slowly stimulated by a double contact, in a rotary movement. This applies to the neck contact in general. Because this is the vagus area, you are balancing the pulse with the two nervous systems. Most pulses are fast because of habitual tension and over-strenuous, hurried living. In these cases, the ropey neck muscles can be manipulated slowly while the perineal contact is held with the other hand.

If the pulse is slow, inhibit the tender neck areas, and further check the carotid pulse on each side for normalization each time after the two contacts are held, until the pulse is improved.

If the pulse is normal, the rule for general treatment applies:

CHART NO.31. PERINEAL THERAPY IN CONNECTION WITH KNEES AND ANKLES.

FIG.1 TRACES NUMBERED REFLEX AREAS WHICH CORRESPOND WITH EACH OTHER. THE PERINEAL AREA AROUND THE ANUS REFLEXES FUNCTIONALLY TO THE EARTHY TRIAD OF THE ABDOMEN AND KNEES. CONTACTS HERE ARE USEFUL IN ALL DIGESTIVE DISTURBANCES. IN PREGNANCY AND ALL LEG TROUBLE THIS TECHNIQUE IS A REVELATION IN ITS FAR REACHING EFFECT.

DIGESTIVE REFLEXES

UMBILICUS

ABOVE 0 BELOW
4-3-2-1-2-3-4-

THE AREA IMMEDIATELY AROUND THE OUTSIDE OF THE ANKLE IS AN AIRY AND GLANDULAR FUNCTIONAL REFLEX. ITS USE IS INDICATED IN GLANDULAR DISTURBANCE AND KIDNEY CONDITION. ANY PUFFINESS HERE IS A KIDNEY SYMPTOM. THE HEELS ARE PELVIC, GENERATIVE, AND EMOTIONAL REFLEXES. IN PREGNANCY, GREAT RELIEF CAN BE OBTAINED BY RELEASING THE SPASM OF THE INTER-PELVIC MUSCLES WHICH OFTEN AFFECT THE LEGS SEVERELY. IN ADDITION VENOUS STASIS IS RELEASED BY THIS RELAXATION, NERVOUS TENSION BALANCED, AND CIRCULATION IMPROVED BECAUSE OF THE ENERGY BLOCK RELEASE.

Fig. 1

THE DOCTOR CAN ALSO STAND IN FRONT OF THE PATIENT FOR A DEEPER CONTACT ON AREA 1 AND 2 SPECIFICALLY FOR PROSTATIC, UTERINE AND DIGESTIVE REFLEXES; ALSO TO RELEASE THE ATLAS AND AXIS ON THE OPPOSITE SIDE OF THE BODY. THESE ARE CENTRAL REGIONS AND NEED STEADY AND DEEP PRESSURE IMPULSES OVER SPASTIC PELVIC MUSCLES NEAR THE PUBIC BONE.

PATIENT IS ON SIDE WITH KNEES FLEXED HIGH. THE DOCTOR REACHES OVER THE LOWER LEGS TO

THE FIRST FINGER IS USED TO LOCATE THE TENSE FIBRES IN THE PERINEUM, BECAUSE IT IS NEGATIVE AND MORE SENSITIVE.

POSTERIOR REFLEXES AROUND THE INSIDE MALEOLI

STH L SACRUM

COCCYX
WOMB
PROSTATE
RECTUM

PELVIC REFLEXES

AROUND THE OUTSIDE MALEOLI

OVARIES
TESTES AND HIP
PSOAS MAGNUS AND ILIACUS
KIDNEYS
ILEO CAECAL

IN MAKING A TISSUE CONTACT ON THE PERINEUM FOR TREATMENT, A HALF TURN OF THE FINGER TO THE RIGHT TAKES UP THE LOOSE TISSUE AND GIVES THE BEST RESULT IN A LIGHT CONTACT WHICH RELAXES THE BODY.

FIG.3 SHOWS THE COMBINATION OF PERINEAL AND HEEL CONTACTS FOR

MAKE THE CONTACT ON THE PERINEUM. THE ANGLE OF THE DIRECTION OF FORCE APPLIED HERE IS VERY IMPORTANT FOR SPECIFIC RESULTS.

FOR PERINEAL THERAPY APPLICATION THE SECOND FINGER IS USED, BECAUSE IT IS POSITIVE STRONGER AND LONGER TO MAKE A BETTER CONTACT.



Fig. 2

WOMB, PROSTATE, BLADDER CONTACT

EMOTIONAL TENSION, AND FOR LEG TROUBLE, ESPECIALLY IN PREGNANCY.



Fig. 3

FIG. 2 SHOWS A NO. 1 PERINEAL CONTACT, SUPERIOR AND MEDIAL IN DIRECTION; LIGHT AT FIRST, THEN HEAVIER. WHEN THE TENSE AND TENDER AREAS LET GO, THE CONTACT IS SLOWLY RELEASED. ANY TWO NUMBERED AREAS MAY BE TREATED AGAINST EACH OTHER TO RELEASE SORENESS CAUSED BY ENERGY BLOCK. POSTERIORLY, THE ACHILI TENDONS ARE REFLEXES TO THE LOWER LUMBAR REGION. THE OS CALCIS BONES ARE REFLEXES FOR THE SACRUM AND COCCYX. IN LUMBAGO AND LOWER BACK PAIN, IT IS VERY IMPORTANT TO RELEASE THE NEGATIVE ENERGY BLOCK HERE. THESE EXTERNAL AREAS ARE MANIPULATED OR HELD BY HEAVY PRESSURE, IF IT CAN BE TOLERATED. DEEP DIRECTIONAL PRESSURE HELD STEADY ACTS LIKE THE ACCUMULATED WATER THAT BREAKS THE DAM MORE COMPLETELY THAN A LIGHTNING STROKE OR AN ADJUSTMENT.

CHART NO.32. CONTACTS FOR THE RELEASE OF ENERGY BLOCKS
IN DIGESTIVE AREAS OF POLARITY. FIG.3
ILLUSTRATES RELEASE OF MOTOR TENSION AREAS.

FIG. NO.1 SHOWS A DIRECTIONAL
CONTACT BELOW THE STOMACH AND
UNDER THE FLOATING RIBS. THE
OTHER HAND HOLDS A PRESSURE OR
MANIPULATIVE CONTACT ON THE
OPPOSITE KNEE FOR
DIGESTIVE REFLEXES
AND PAINS.

Fig. 1

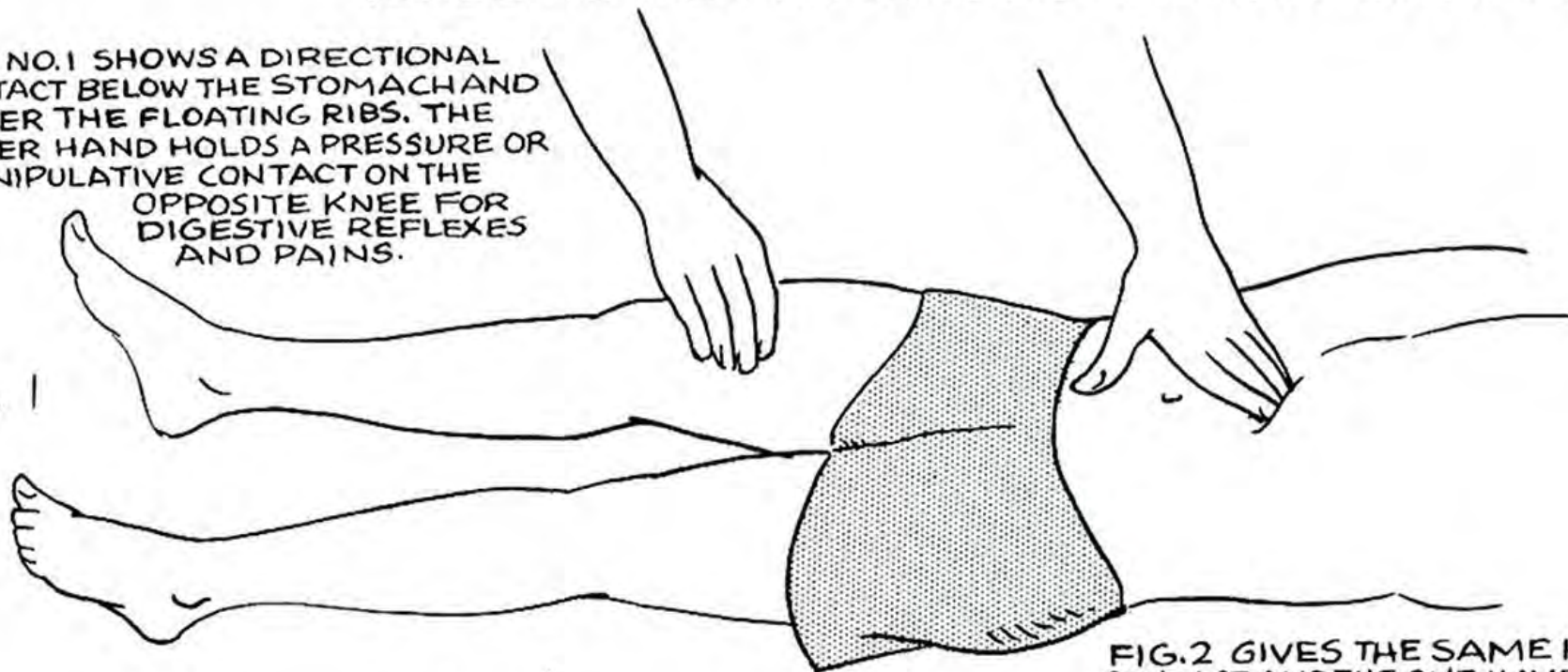


FIG.2 GIVES THE SAME KNEE
CONTACT AND THE ONE IMMEDIATELY
ABOVE POUPART'S LIGAMENT WITH
A DIRECTIONAL FORCE AND A LIGHT
ROCKING IMPULSE TOWARD THE
OPPOSITE SHOULDER FOR STOMACH
AND DIGESTIVE DISTURBANCES.

Fig. 2



ALL CURRENTS WHICH CROSS OVER FROM ONE SIDE OF THE BODY TO THE OTHER IN CURVES OR DIAGONAL LINES ARE OF THE BIPOLAR BRAIN ENERGY AND THE CADUCEUS.

THE VERTICAL ELECTRO MAGNETIC CURRENTS AND GRAVITY FORCE STAY ON THE SAME SIDE.

FIGS. 1 AND 2 COULD BE SHOWN ON THE OPPOSITE SIDE OF THE BODY WHERE THEY WOULD BE LIVER AND GALL BLADDER REFLEXES AND BLOCKS. MANY CHRONIC PAINS IN THE LEFT KNEE WHICH ARE OFTEN MISTAKEN FOR A BONE DISEASE ARE GALL BLADDER REFLEXES AND WILL CLEAR UP FAST WHEN THE CORRECTION IS MADE.

Fig. 3

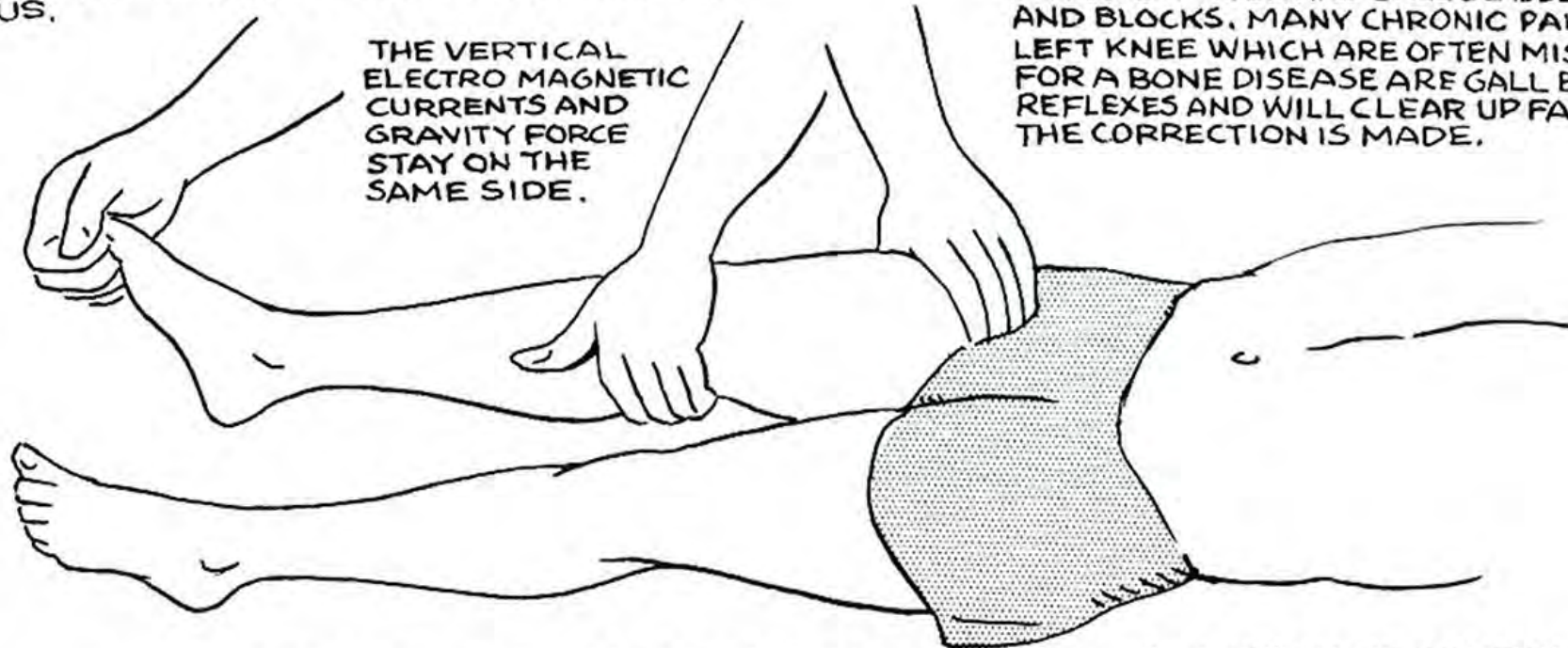


FIG. 3 ILLUSTRATES ENERGY BLOCK RELEASE BY MANIPULATION OF TENDONS AND MUSCLES AT THEIR ORIGIN, WHICH IS THE POSITIVE POLE ABOVE AT THE NEUTER OR MIDDLE POLE, AND AT THE INSERTION OR THE NEGATIVE POLE BELOW. THIS IS USEFUL IN MOTOR DISTURBANCES OF THE MUSCLE TISSUES AND TENDONS SUCH AS PARALYSIS AND SPASMS.

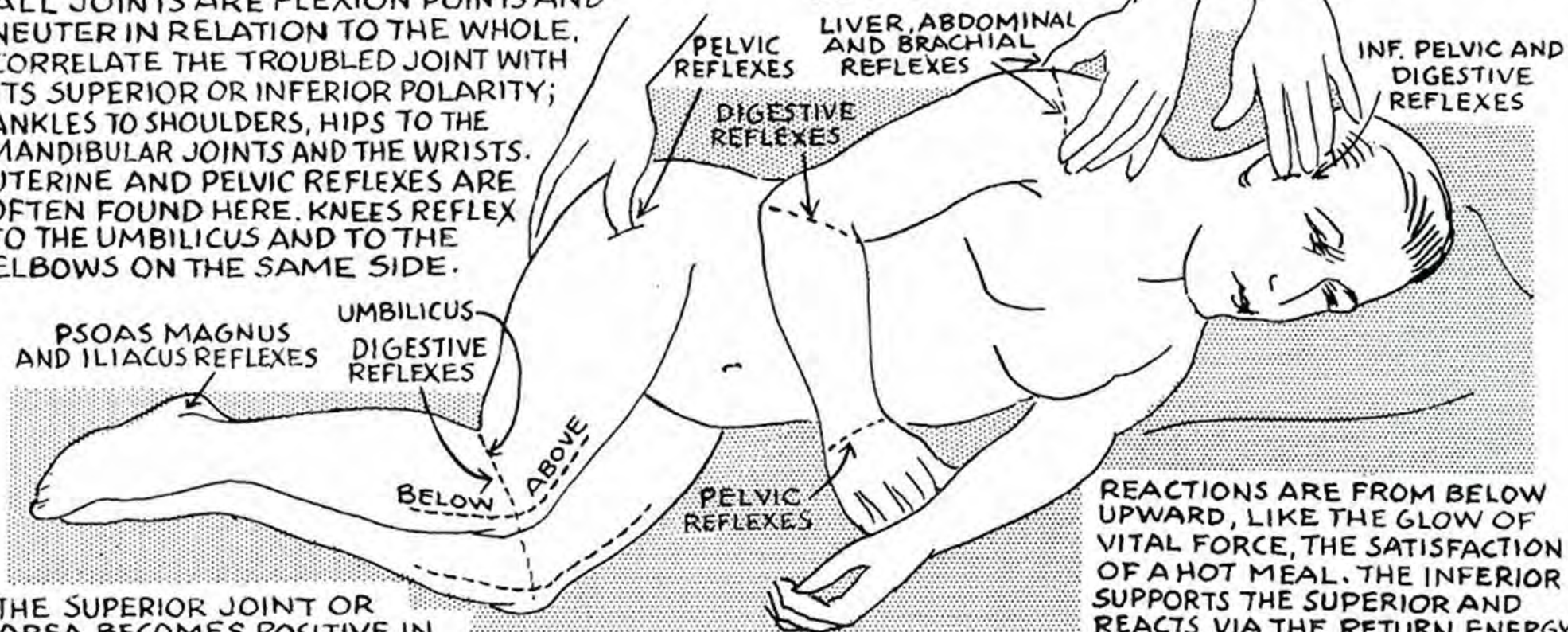
CHART NO.33

RELATIONSHIP OF THE JOINTS AS NEUTER POINTS AND THEIR POLARITY FROM SUPERIOR TO INFERIOR.

THERE ARE 5 MAJOR JOINTS ON EACH SIDE OF THE BODY WHICH HAVE A DEFINITE RELATION TO EACH OTHER. THE MANDIBULAR JOINT, THE SHOULDER, THE HIP, THE KNEE, THE ANKLE, ALL JOINTS ARE FLEXION POINTS AND NEUTER IN RELATION TO THE WHOLE. CORRELATE THE TROUBLED JOINT WITH ITS SUPERIOR OR INFERIOR POLARITY; ANKLES TO SHOULDERS, HIP TO THE MANDIBULAR JOINTS AND THE WRISTS. UTERINE AND PELVIC REFLEXES ARE OFTEN FOUND HERE. KNEES REFLEX TO THE UMBILICUS AND TO THE ELBOWS ON THE SAME SIDE.

IN THE LOWER TRIAD, THE HIPS ARE POSITIVE, THE KNEES ARE NEUTER AND THE ANKLES ARE THE NEGATIVE REFLEX JOINTS.

ARMS AND LEGS HAVE SIMILAR REFLEXES, BOTH BEING EXTENSION LEVERS, RELEASE ALL LOWER JOINT REFLEXES. HOLD THE SOREST SPOT AND MANIPULATE AROUND THE OTHER JOINT TISSUES.



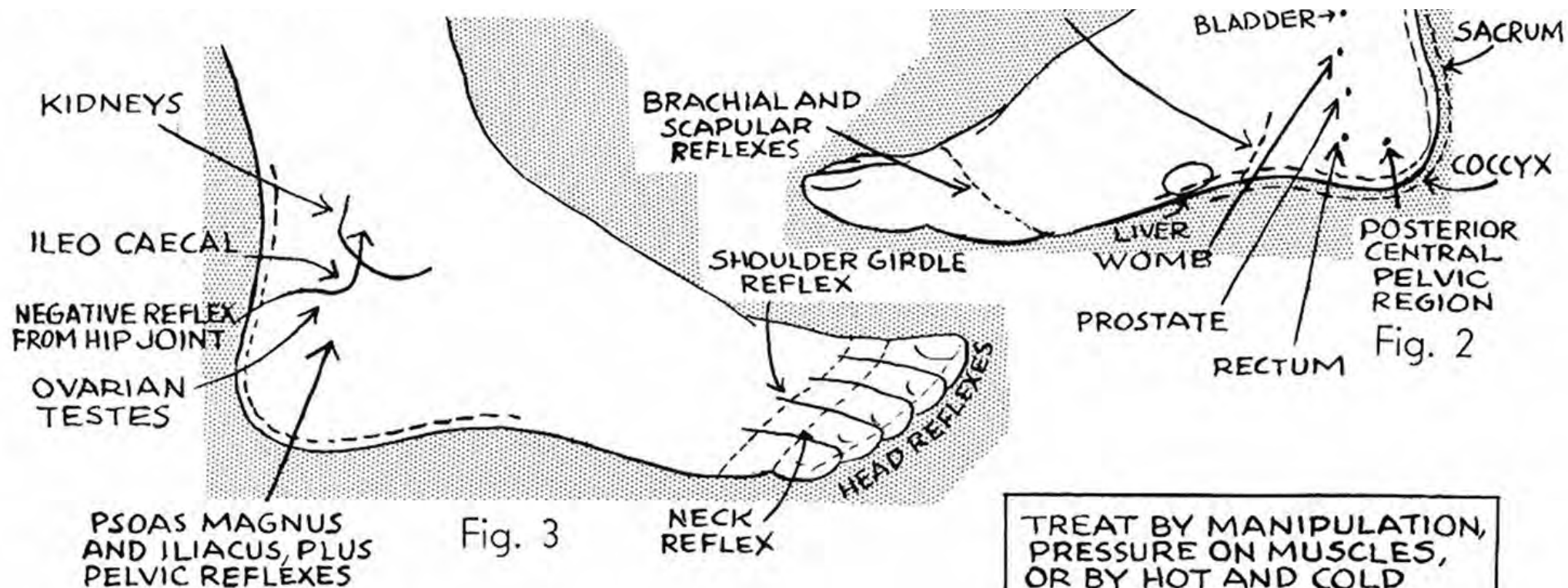
THE SUPERIOR JOINT OR AREA BECOMES POSITIVE IN RELATION TO ANY INFERIOR ONE, NO MATTER WHAT ITS GENERAL OVER-ALL POLARITY MIGHT BE IN RELATION TO THE WHOLE, BECAUSE PRIMAL ENERGY FLOWS FROM THE BRAIN ABOVE AS THE ROOT OF THE TREE OF LIFE, AND OF THE NERVOUS SYSTEM DOWNWARD TO WATER THE GARDEN OF LIFE, THE HUMAN BODY.

REACTIONS ARE FROM BELOW UPWARD, LIKE THE GLOW OF VITAL FORCE, THE SATISFACTION OF A HOT MEAL. THE INFERIOR SUPPORTS THE SUPERIOR AND REACTS VIA THE RETURN ENERGY FLOW AND BY GRAVITY PULL.

Fig. 1

UMBILICAL REFLEX

5TH LUMBAR



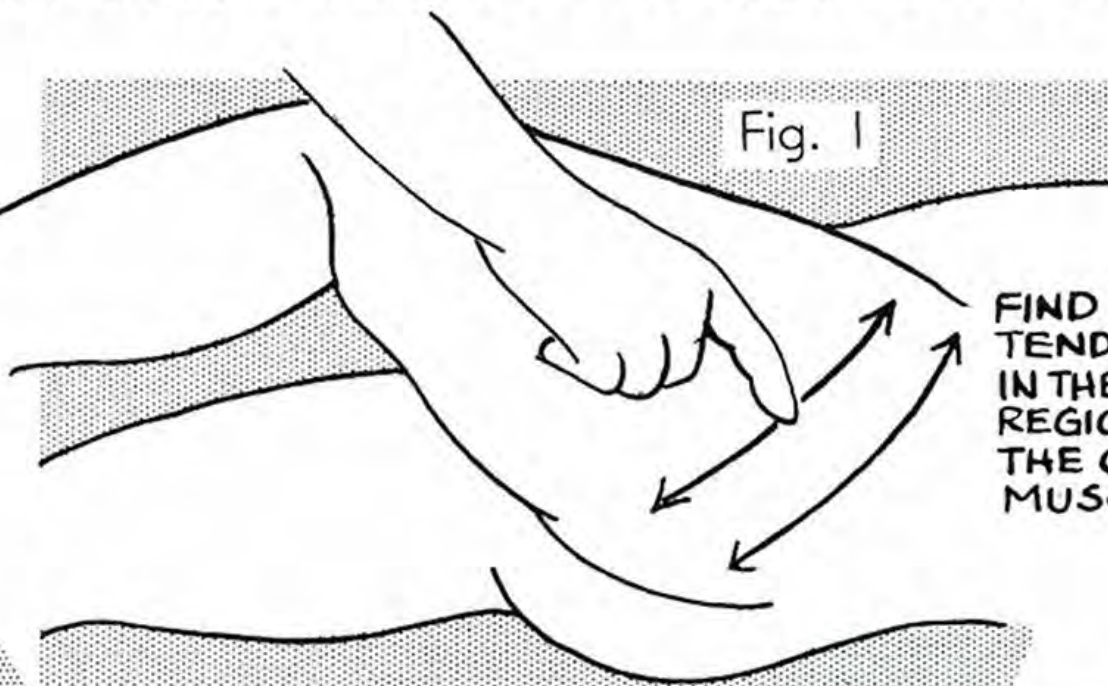
TREAT BY MANIPULATION,
PRESSURE ON MUSCLES,
OR BY HOT AND COLD
APPLICATIONS OF A
FORCEFUL STREAM OF
WATER ON THAT SPOT

THESE AREAS CAN BE EASILY LOCATED,
TRACED TO THEIR SOURCE AND TO THEIR
POLARITY, AS ONE RELAXES THE OTHERS
WILL ALSO LET GO AND BE RELIEVED.

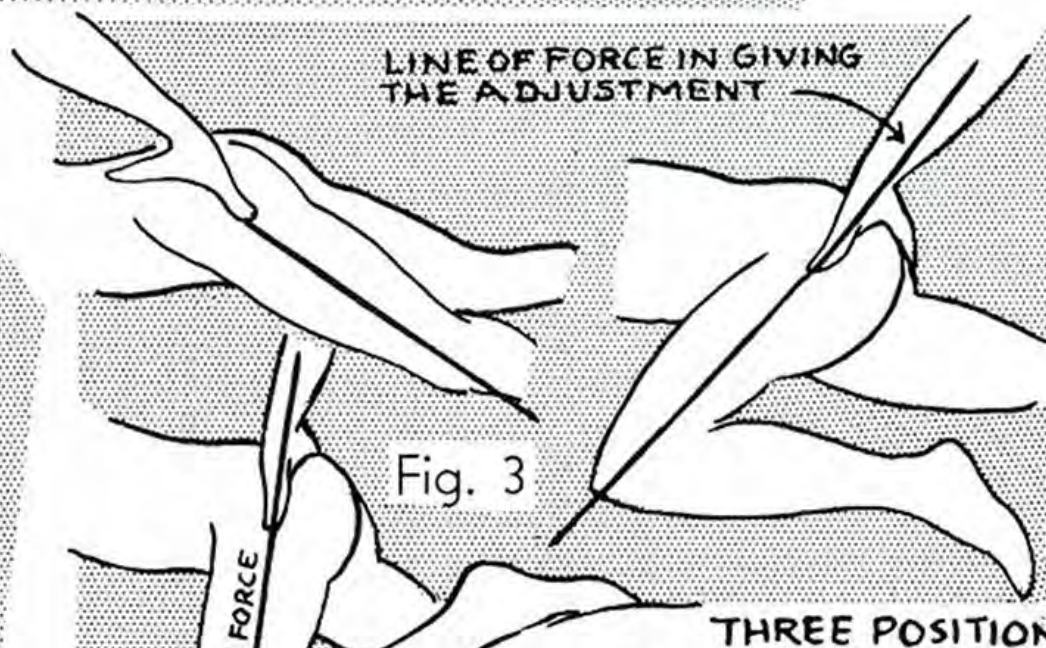
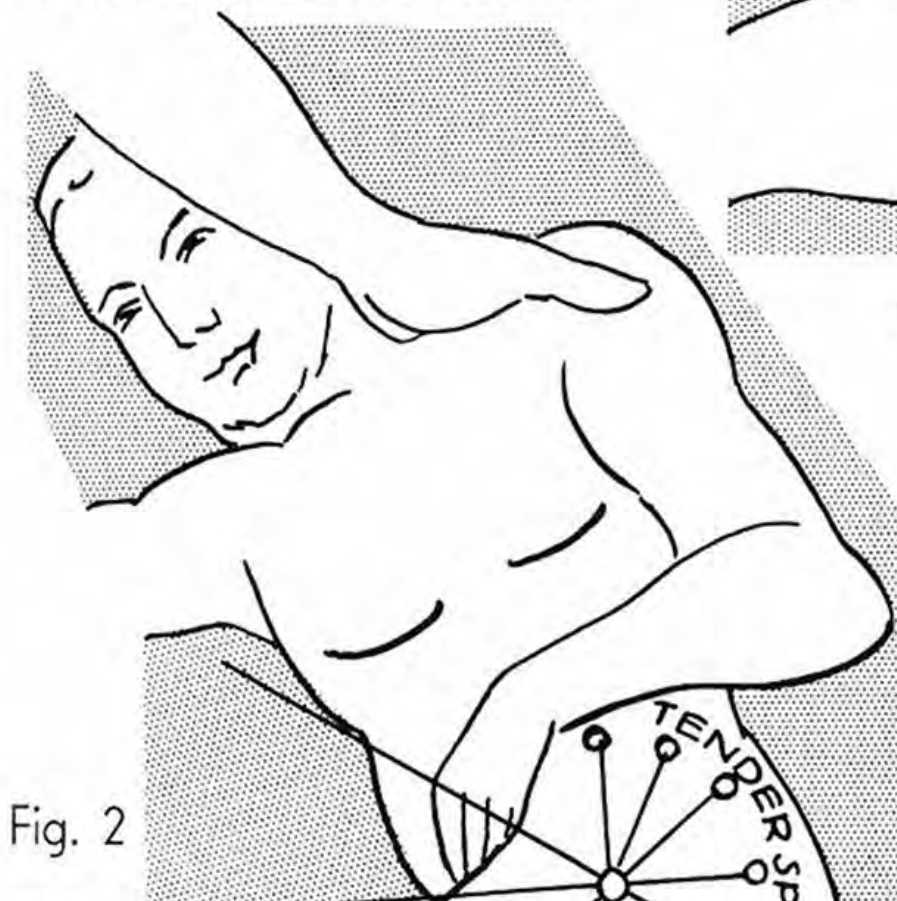
CHART NO.34

PELVIC AND HIP ADJUSTMENTS FOR EVERY TENDER AREA IN THE GLUTEI REGION.

DRAW A STRAIGHT LINE FROM THE TENDER SPOT FOUND TO THE HEAD OF THE FEMUR. THAT GIVES THE LINE OF FORCE FOR THE POSITION OF THE LEG AND THE FEMUR FOR THE ADJUSTMENT. THESE ADJUSTMENTS ARE NOT MERE HIP CORRECTIONS BUT ARE A RELEASE FOR SPASTIC TISSUE AND BONY RELATIONSHIP CAUSED BY IT.



FIND THE MOST TENDER SPOT IN THE DOTTED REGION OVER THE GLUTEI MUSCLES.



LEG POSITION
FOR EACH
CONTACT
AND
CORRECTION

THE LOWER LUMBAR AND
INTERPELVIC STRUCTURES
AND SPASMS ARE RELEASED
BY THIS SIMPLE ADJUSTMENT.
FIRST HOWEVER ALL ANTERIOR
AND PERINEAL ENERGY BLOCKS
OF THE PELVIS SHOULD BE
REMOVED.

HEAD OF
THE FEMUR

OF THE HAND ON
THE HIP AND THE
LEG IN RELATION
THERETO FOR A
CORRECTION.

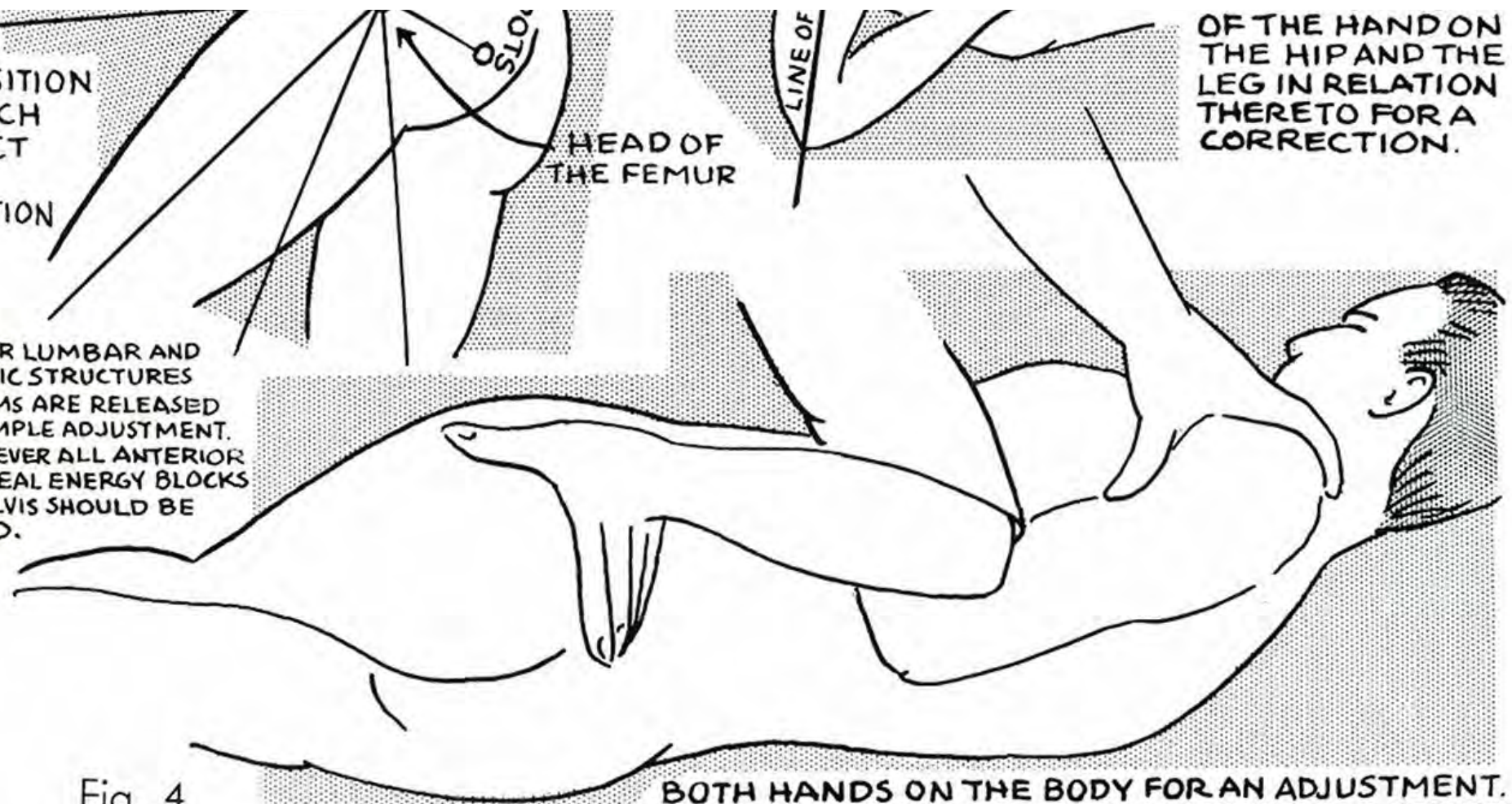


Fig. 4

BOTH HANDS ON THE BODY FOR AN ADJUSTMENT.
ACCORDING TO THE LINES OF FORCE. IT IS FIRST A STRETCH,
THEN A VERY MILD NATURAL CORRECTION WITH A VERY
SHORT RANGE OF ADJUSTMENT, $\frac{1}{2}$ INCH OR LESS.

CHART NO.35. GENTLE ROCKING MOTION AND STRETCH FOR THE PELVIS TO RELIEVE SPASMS AND BLOCKS IN THE MUSCLES OF THE HIP JOINT.

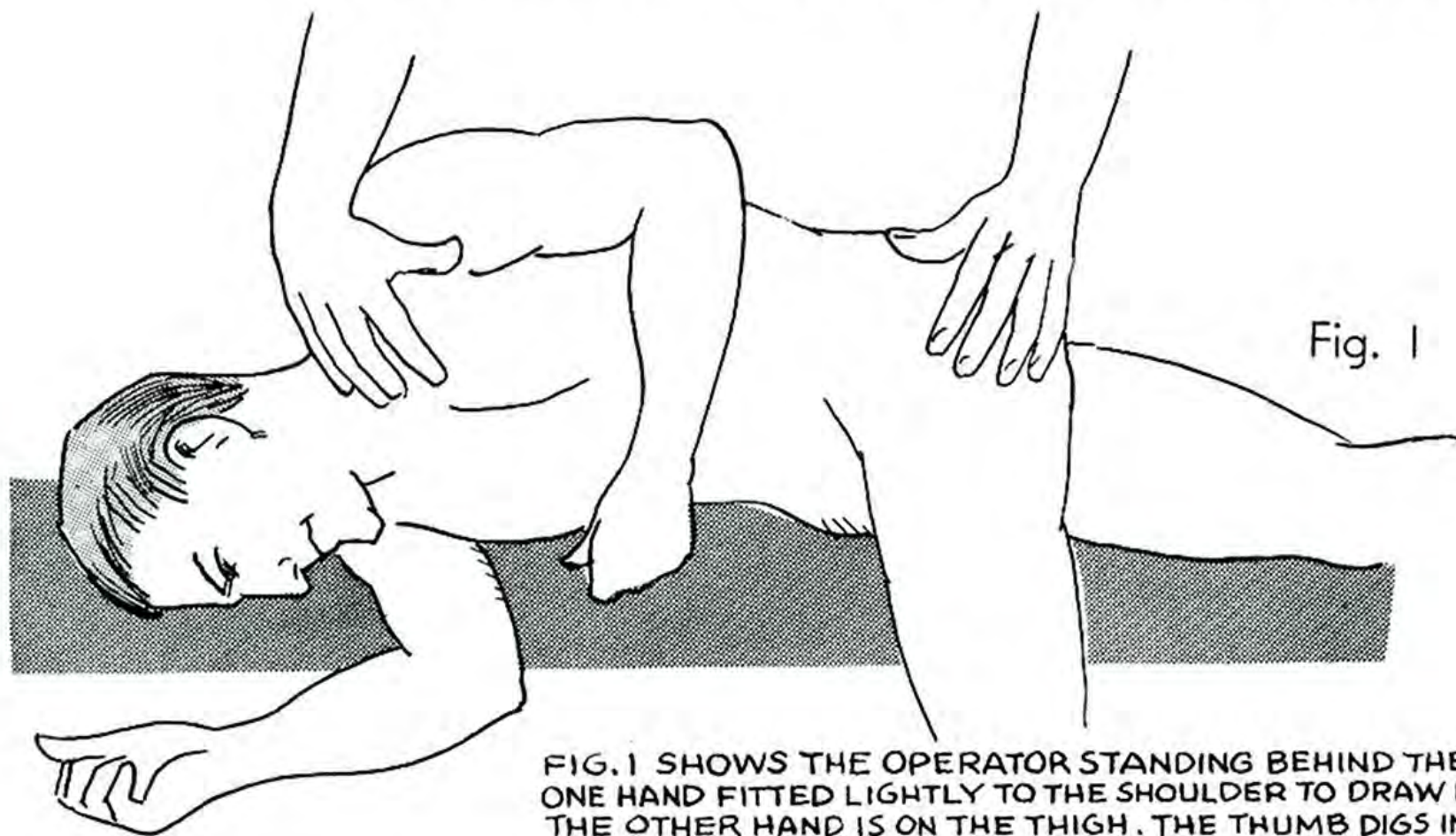


FIG.1 SHOWS THE OPERATOR STANDING BEHIND THE PATIENT WITH ONE HAND FITTED LIGHTLY TO THE SHOULDER TO DRAW IT BACKWARDS. THE OTHER HAND IS ON THE THIGH. THE THUMB DIGS INTO THE TENSE MUSCLE FIBRES ABOVE THE HIP JOINT, ANYWHERE UP TO THE CREST OF THE ILIUM WHEREVER THEY ARE FOUND. THESE HAVE A DEFINITE RELATION TO THE LATERAL RESPIRATORY AND INTERCOSTAL MUSCLES. A GENTLE ROCKING MOTION AIDS IN RELAXATION, MANY CORRECTIONS OF TISSUES CAN TAKE PLACE EASILY. THIS MOVE MAY BE USED ON HEAVY PATIENTS, WHERE HIP CORRECTION IS TOO STRENUOUS FOR THE OPERATOR.

Fig. 2

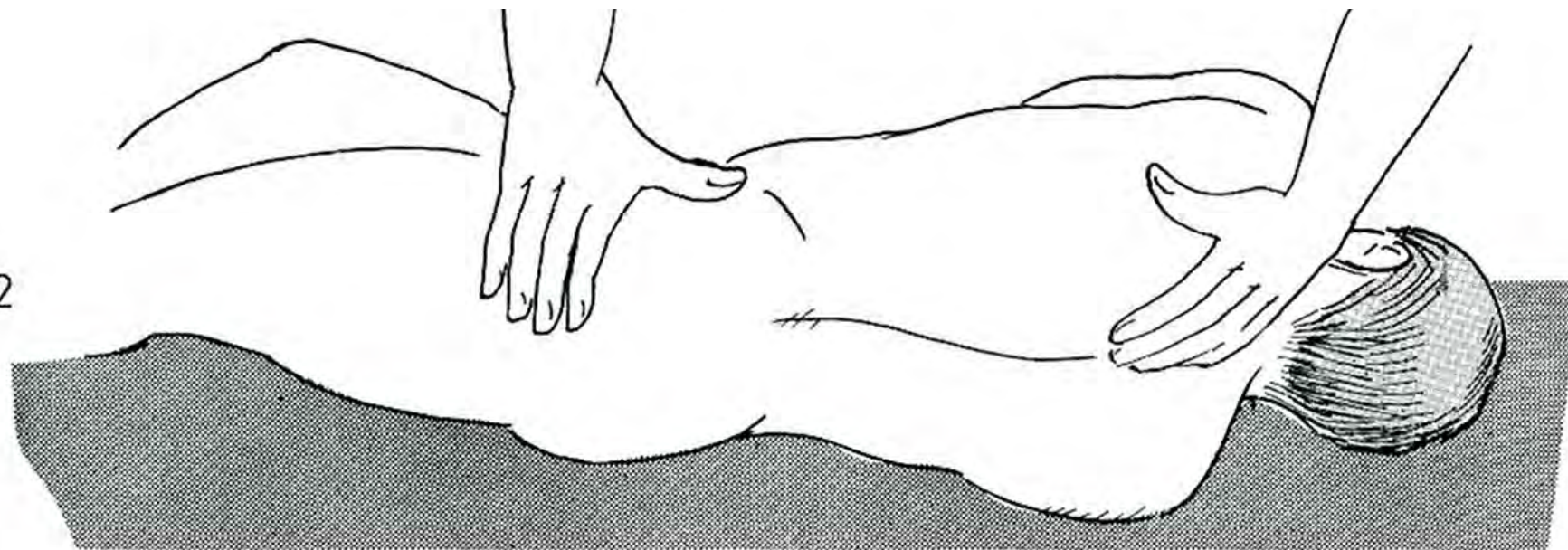
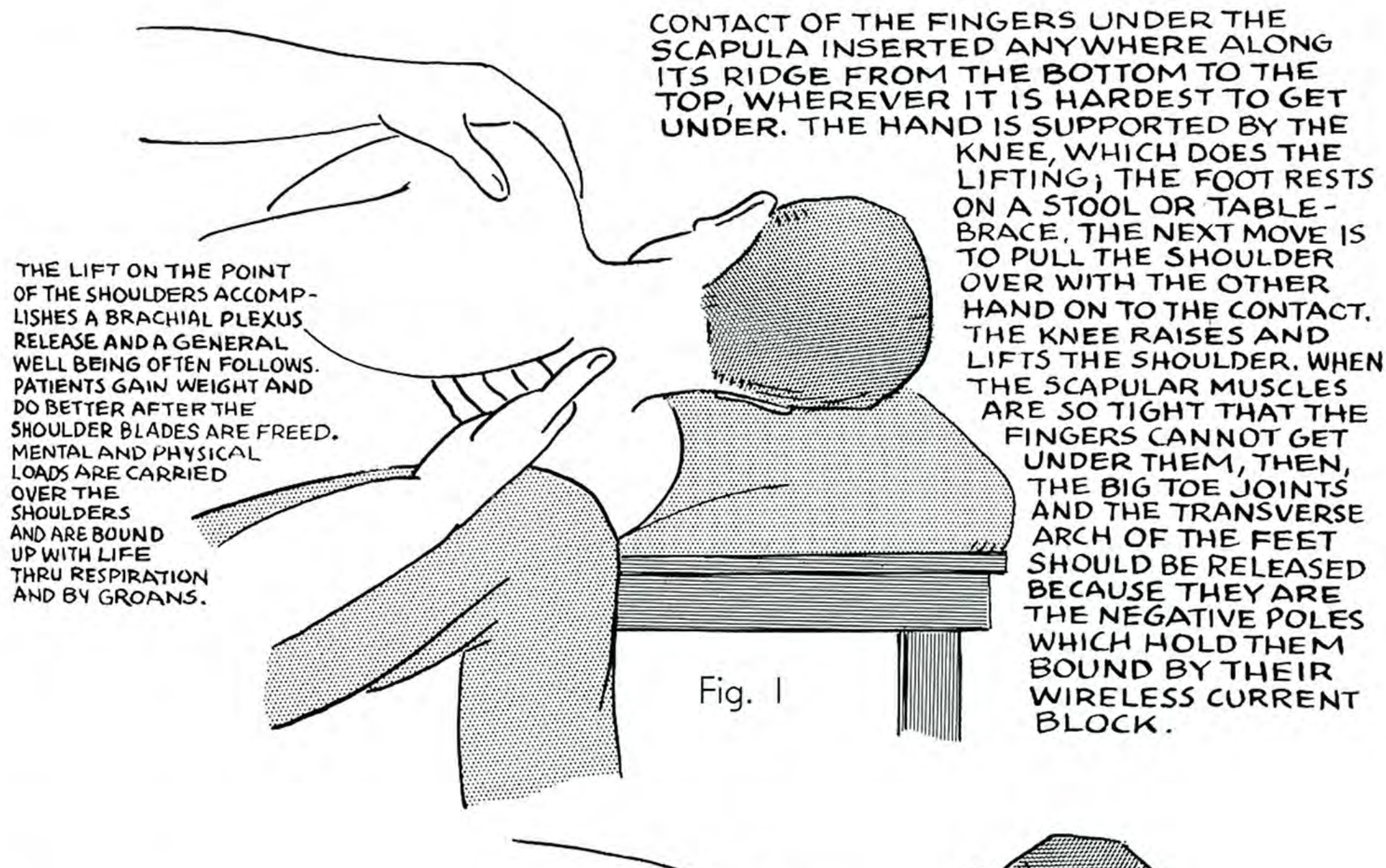


FIG.2 SHOWS A STRETCH AND A GENTLE ROCKING CONTACT IN THE OPPOSITE DIRECTION WHEN IT IS INDICATED BY SHOULDER AND HIP TENSION. HERE THE OPERATOR STANDS IN FRONT OF THE PATIENT. NO FORCE IS USED; IT IS A RELAXATION BY SHORT RHYTHMIC MOTION. THE CONTACTS VARY WITH THE TENSION AND THE ENERGY BLOCKS FOUND IN THAT AREA. FIXED AND RESISTANT MUSCLE FIBRES YIELD TO RESILIENT IMPULSES, WHEN THE NEGATIVE POLE OF THE MUSCLE ATTACHMENT CAN BE POLARIZED TO OPERATE NORMALLY.

CHART NO.36. SCAPULA LIFT FOR BRACHIAL PLEXUS RELEASE



THE COMPLETED CONTACT UNDER THE SHOULDER BLADE WITH THE FOREARM OF THE OTHER HAND IN FRONT UNDER THE SHOULDER JOINT, THE HAND EXTENDED TO GENTLY PUSH THE HEAD DOWN FOR A MORE COMPLETE RELAXATION AND STRETCH OF THE NECK MUSCLES, FREEING TENSION AND ENERGY BLOCK OVER THE BRACHIAL PLEXUS. IT IS A VALUABLE MOVE IN ALL RESPIRATORY, HEART, AND NERVOUS CONDITIONS, AND FOR RECUPERATING ENERGY.

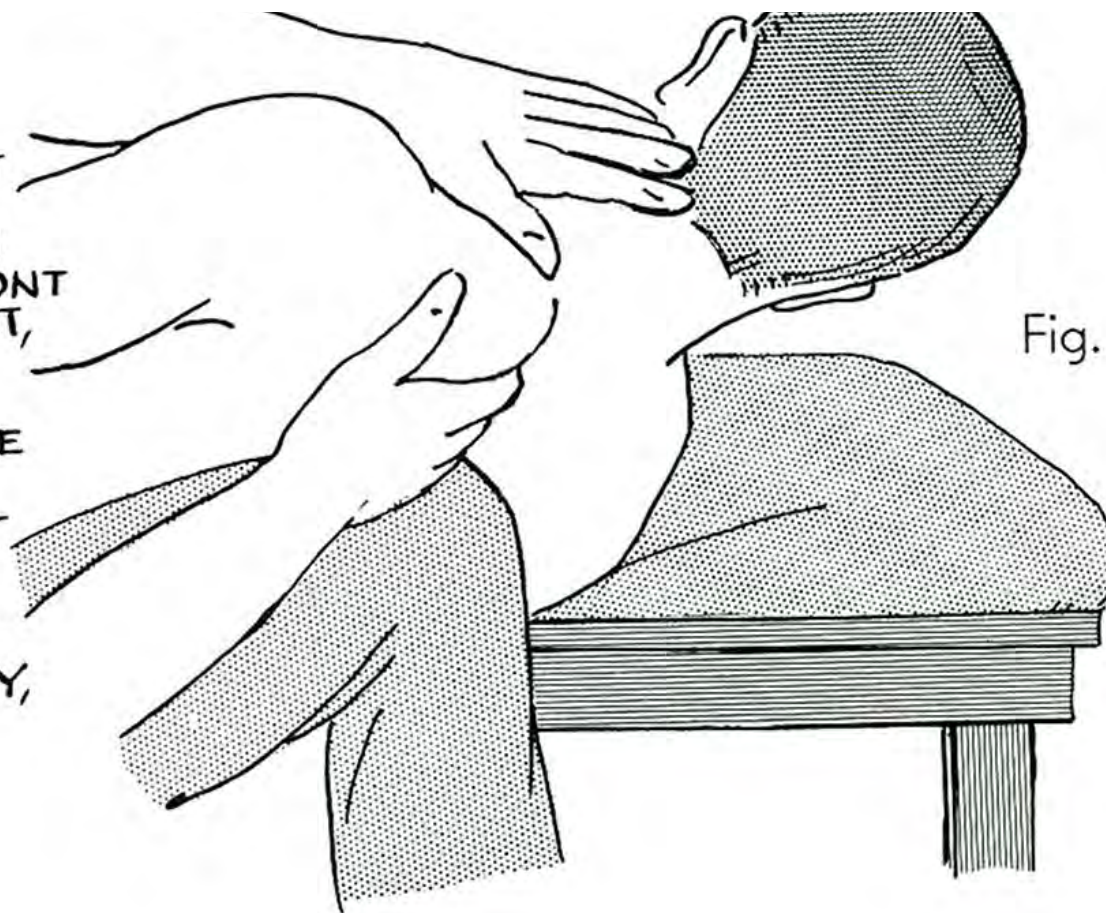


Fig. 2

CHART NO.37. ADJUSTMENT OF TOES IN ONE MOVE – BIG TOE ADJUSTMENT AND ITS REFLEXES.

THE FIRM GRIP OF THE RIGHT HAND OVER THE TOES, READY FOR THE ADJUSTMENT. THE MOVEMENT IS A QUICK MOTION OF THE ENTIRE HAND, BENDING THE TOES DOWN AND PUSHING THE ARCH UP FROM UNDER-NEATH BY THE FINGER CONTACT. THIS RELEASES TENSION ALL OVER, ESPECIALLY ACROSS THE SHOULDER GIRDLE WHERE IT REFLEXES TO.



Fig. 1



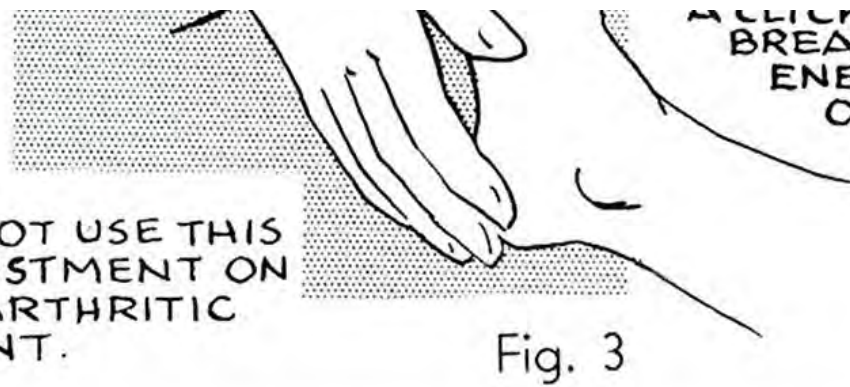
THE FINGER CONTACT CLEARLY UNDER THE TRANSVERSE ARCH, ONE FINGERTIP UNDER EACH JOINT IS THE PREPARATORY POINT. IT IS A RELEASE FOR NERVOUS TENSION AND EMOTIONAL LOCKS THRU THE BRACHIAL PLEXUS. IT IS THE NEGATIVE POLE TO THE SHOULDER GIRDLE AS A RESPIRATORY RELEASE.

Fig. 2



THE BIG TOE ADJUSTMENT GIVEN HERE IS A VALUABLE MOVE FOR THE RELEASE OF TIGHT SHOULDER BLADES WHICH THE DOCTOR CANNOT GET UNDER TO LIFT; ALSO FOR SCIATICA AND PROSTATE TROUBLE AND ENLARGEMENT. THE WOMB, TOO, HAS A REFLEX HERE, AND LASTLY, IT IS THE BUNION ADJUSTMENT. THE CORRECTION IS MADE BY A SHARP SMACK AGAINST THE BIG TOE JOINT WITH THE SOFT PART OF THE PALM NEAR THE THIRD THUMB JOINT. IT WILL GIVE A CLICK MOST OF THE TIME.

DO NOT USE THIS
ADJUSTMENT ON
AN ARTHRITIC
JOINT.



THE BIG TOE JOINT HAS A POWERFUL REFLEX ACTION NEAR THE CENTER LINE AND COULD BE COMPARED TO AN **ATLAS ADJUSTMENT** AT ITS MOST NEGATIVE POLE. OF THE SPECIAL SENSES IT HAS A REFLEX ACTION TO THE NOSE, THE TONGUE, SPEECH AND HEARING CENTER ABOVE.

A CLICK MOST OF THE TIME. THE OBJECT IS TO BREAK THE LOCK AND FIXATION HERE OF THE ENERGY CURRENTS THAT AFFECT MANY PARTS OF THE BODY. SECONDLY, THE PHYSICAL OBJECTIVE OF THE BUNION ADJUSTMENT IS TO REPLACE THE CARTILAGE OF THE THE TOE JOINT BY A SHARP BLOW. THIS JOINT WHEN LOCKED IS STIFF AND SORE. IF THE DOCTOR SUCCEEDS IN BREAKING THAT LOCK, EVEN WITH A VERY LIGHT SLAP OF THE HAND, THE TOE MAY BE VERY SORE AND MAY EVEN TURN BLUE WHERE THE VENOUS STASIS IS RELEASED. BE SURE TO TELL THE PATIENT, FIRST, WHEN THERE IS NO FIXATION AND STASIS, THIS CORRECTION DOES NOT HURT.

WHERE THERE IS SORENESS A MERE PULL OF THE BIG TOE WILL BE SUFFICIENT FOR A POWERFUL REACTION. ALL OTHER TOES CAN BE TREATED LIKEWISE WHEN THE PATIENT PERMITS. IT RELEASES SHOULDER AND NECK REFLEX TENSIONS. IT IS MOST HELPFUL IN SCIATICA.

CHART NO.38.

FOOT ADJUSTMENTS FOR HIGH ARCH AND LOW ARCH THROUGH THE CUBOID.

THE FEET ARE SENSITIVE STRUCTURES AND NEED CARE AND ATTENTION PLUS PROPER SHOES. THESE BONES CAN BE MOLDED EASIER THAN ANY OTHER GROUP AND MANY REFLEXES AND PAINS CAN BE ELIMINATED BY IT. THE FEET REFLEX TO THE ENTIRE BODY.

THE RIGHT HAND GRIPS THE ARCH OF THE FOOT FIRMLY.

Fig. 1

THE LEFT HAND MAKES A CONTACT WITH THE SOFT PORTION OF THE THIRD PHALANX OF THE THUMB ON THE PALMAR SIDE, PRESSED AGAINST THE CUBOID BONE ON THE OUTSIDE OF THE FOOT, AND SUPPORTING THE HEEL WITH THE FINGERS.

THE ADJUSTMENT IS A TWIST OF THE RIGHT HAND AND A QUICK SHORT THRUST BY THE LEFT HAND. IT FREES THE LOWEST JOINT OF THE BIG TOE PLUS REPLACING THE CUBOID AND RAISING THE ARCH. IT REFLEXES TO THE MIDDLE PART OF THE BODY AND IS TONIC IN ITS EFFECT.

Fig. 2

THE REVERSE ADJUSTMENT FOR A HIGH ARCH. THE FIRST CONTACT IS MADE ON THE FOOT OVER THE HIGHEST SPOT ON THE TOP OF THE ARCH BY FIRM PRESSURE WITH



REINFORCE THE FIRST CONTACT WITH THE OTHER HAND BY USING THE MIDDLE FINGER PRESSURE OVER THE ORIGINAL CONTACT.

PRESSURE WITH
THE STRONG MIDDLE
FINGER UPON IT.

THE KIDNEY
REFLEX AREA
IN EACH FOOT
IS ADJUSTED
IN THE SAME WAY
AS THE HIGH ARCH.

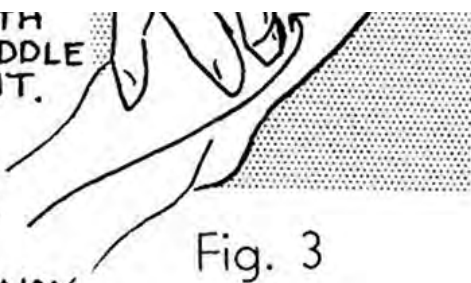


Fig. 3

WITH THE THUMBS UNDER THE ARCH,
PUSH THE FOOT HEADWARD AND WITH
THE ANTERIOR CONTACT FIRM. THEN
THE ADJUSTMENT IS A MERE STEADY
PUSH OF ONE CONTACT AGAINST THE
AS A STRETCH, THEN A QUICK SHORT
PULL AND IT IS DONE. WHEN INDI-
CATED, THE ADJUSTMENT CAN BE
HEARD DISTINCTLY. USUALLY IT
DOES NOT HURT. IT REFLEXES TO
THE MIDDLE OF THE BACK.

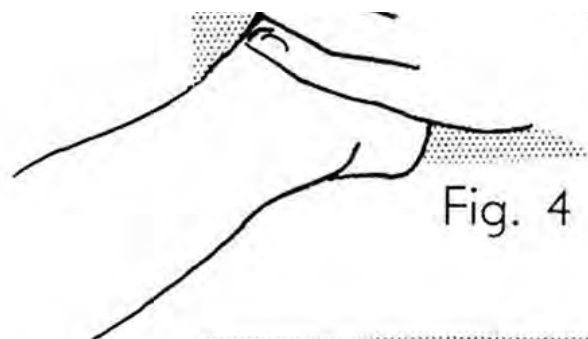


Fig. 4

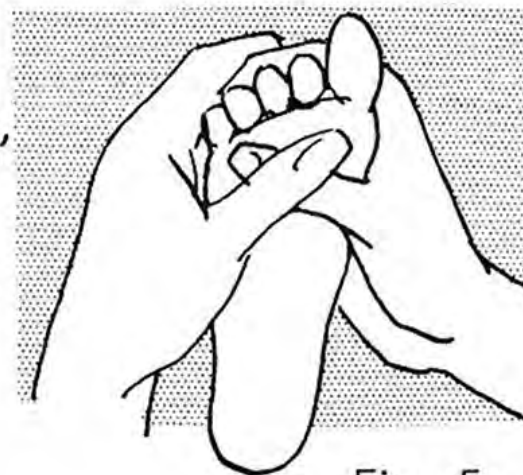


Fig. 5

THE FEET ARE THE MOST
NEGATIVE POLE OF THE
ENTIRE BODY AND BECAUSE
OF THIS FACT MANY NEG-
ATIVE ENERGY BLOCKS ARE
FOUND HERE THAT CAN BE

REMOVED BY MANIPULATION AND MOULDING TO
CONFORM TO THE REST
OF THE BODY IN ENERGY
RESPONSE WHICH SHOWS
ITSELF IN FLEXIBILITY
AND ELASTICITY OF TISSUES,
CRYSTALIZATION AND
HARDNESS SPELL OLD
AGE DECAY AND
DEATH. YOUTH IS
ELASTIC. FOR SPECIFIC
REFLEX AREAS SEE
CHART 4 AND FOR
DEFINITE FUNCTIONAL
REGIONS SEE CHART 2.

CHART NO.39. OCCIPITO-TEMPORAL CONTACTS AND POSITIONS.

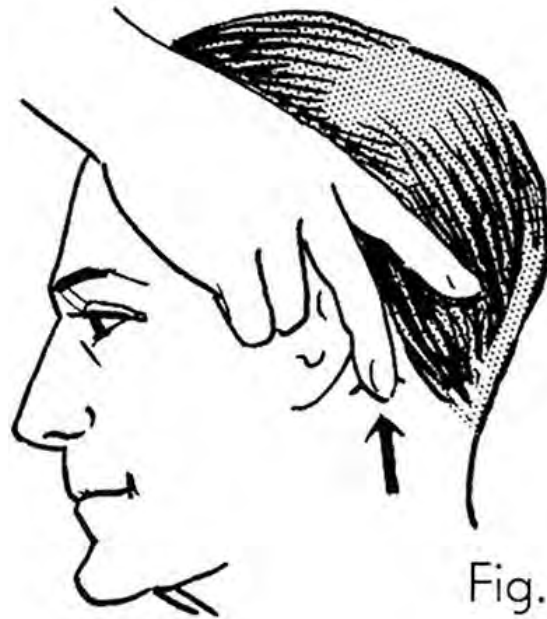


Fig. 1

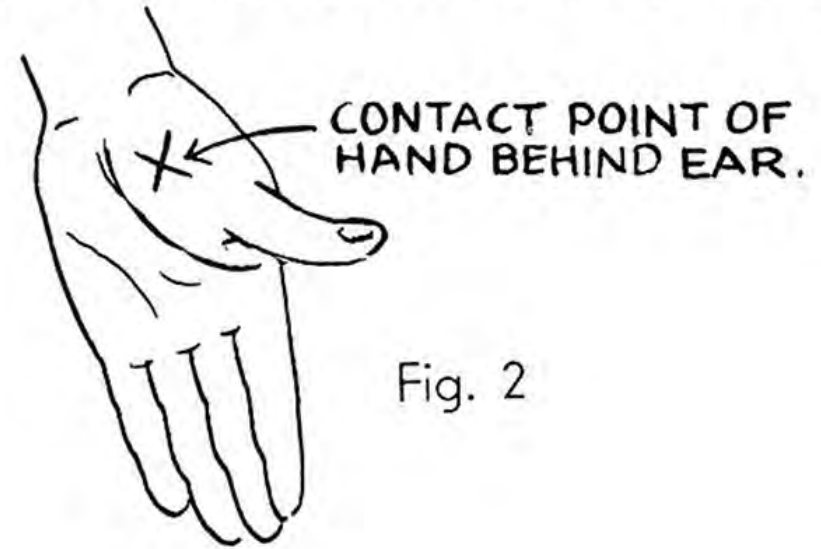


Fig. 2

COMPLETED
CONTACT

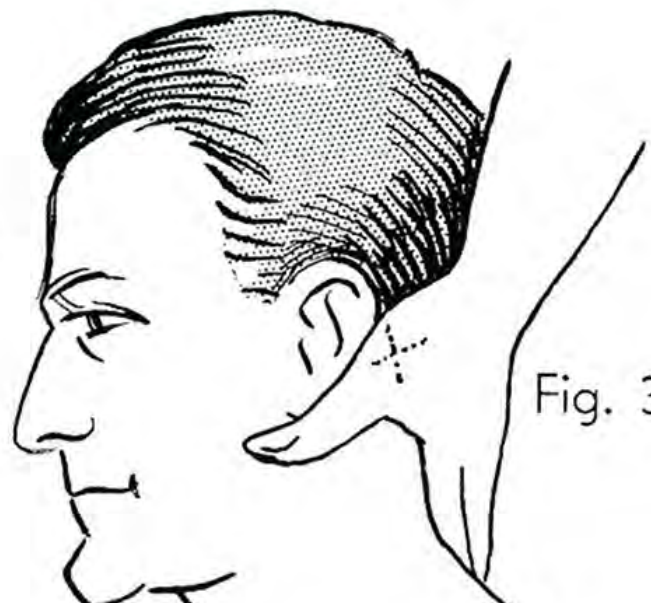


Fig. 3





Fig. 5

POSITION OF HAND ON OCCIPUT FOR A STRETCH TO OPEN FORAMEN MAGNUM OPPOSITE TO THE ADJUSTING CONTACT. IT ALSO HAS A POSITIONING EFFECT ON THE TEMPORAL BONE.



Fig. 4

ADJUSTMENT POSITION FOR THE TEMPORAL-OCCIPITAL REGION PLUS A 7TH CERVICAL AND 1ST DORSAL CORRECTION, ALL IN ONE MOVE.

THE PRINCIPLE OF THIS CONTACT IS BASED UPON THE CROSSING OVER OF THE BRAIN CURRENTS IN THE NECK AND ITS LETTER X EFFECT ON TISSUES. A GENTLE CORRECTION GIVEN HERE IS SUPPORTED BY THE ENTIRE HAND. IT GIVES BY ITSELF WHEN THE LINE OF FORCE IS CORRECT AND INDICATED BY MUSCLE TENSION. A RELAXATION OF THE LOWER POLES MUST BE ACCOMPLISHED FIRST OR IT WILL NOT STAY PUT.

CHART NO.40.

ROTATION AND SIDEBEND STRETCH TO
OPEN THE FORAMEN MAGNUM.

CONTACT FOR
A STRETCH
ON THE OCCIPUT
AND THE NECK
MUSCLES TO
OPEN THE
FORAMEN
MAGNUM
WITH THE
OTHER HAND
UNDERNEATH
IN THE SAME
POSITION
ACTING AS A
FULCRUM

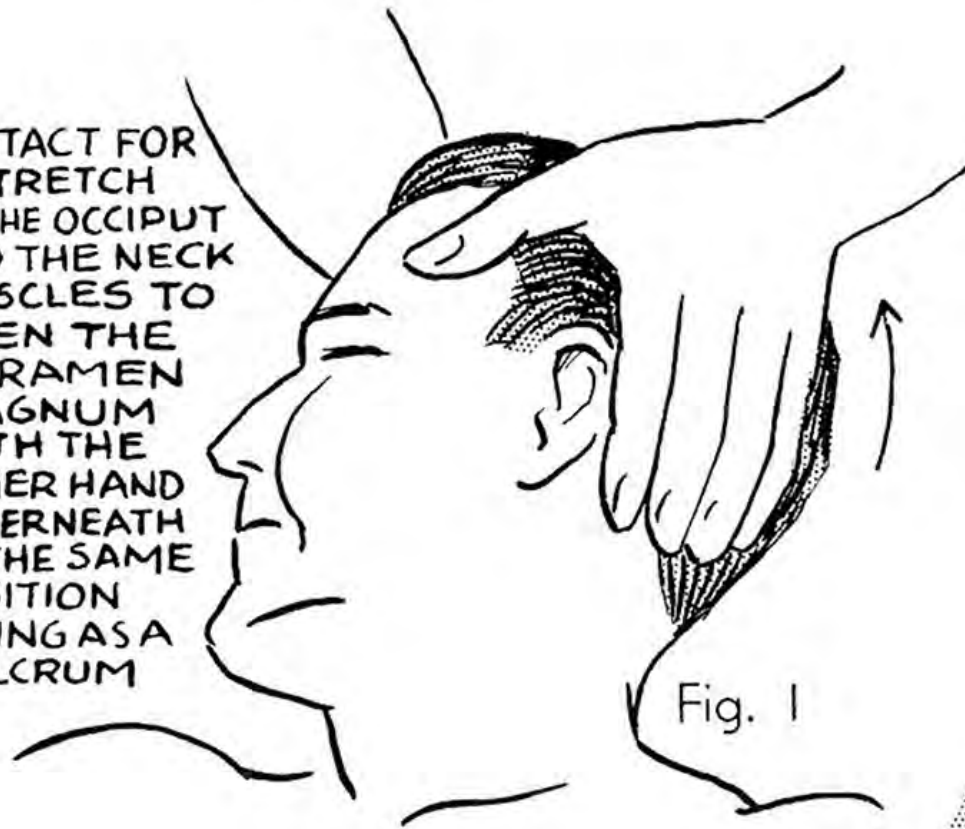


Fig. 1

DOUBLE CONTACT ON THE
TEMPORAL AND OCCIPITAL
BONE FOR A LATERAL SIDE
BEND STRETCH



Fig. 1

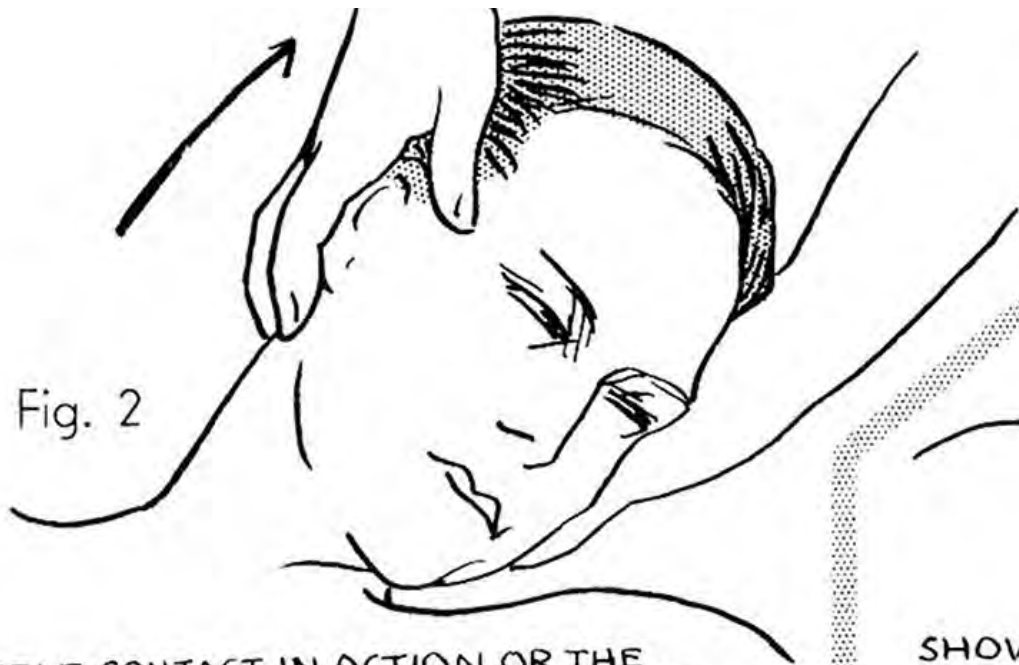


Fig. 2

DOUBLE CONTACT IN ACTION OR THE ROCKING STRETCH MOVEMENT TO LINE UP THE HEAD VERTICALLY WITH THE BODY. THE OCCIPITAL CONDYLES ARE INSIDE OF THE ATLAS ARTICULATION AND CONTROL ATLAS MOVEMENTS. PULLS FROM BELOW ALSO ACT AS A LEVERAGE ON THESE MUSCLES. OFTEN A LEFT LATERAL ATLAS IS RELEASED BY A PERINEAL CONTACT IN ALL EMOTIONAL CONDITIONS AND ESPECIALLY IN PREGNANCY. USE IT FIRST.




Fig. 2

SHOWING THE CONTACT FROM THE SIDE VIEW. THE HAND MUST FIT THE HEAD AND SUPPORT IT. THE MOVEMENT IS A GENTLE MOLDING STRETCH NO FORCE IS NECESSARY FOR BEST RESULTS. CELLS AND TISSUES MOVE WITH THE VIBRATORY RHYTHMIC IMPULSE OF THE LIFE FORCE IN THE BREATH.

CHART NO.41

A STRETCH OF THE OCCIPITAL AND UPPER DORSAL REGION. ADJUSTMENTS OF THE UPPER DORSALS BY TWO METHODS.



Fig. 1

THE NECK IS THE ETHERIC FIELD OF ENERGY OUT OF WHICH THE LOWER OVALS AND CENTERS ARE FORMED BY REFLECTION FROM ABOVE. SEE CHART 1. FROM THIS CENTER FLOW OUT THE FOUR RIVERS OF ENERGY TO THE LOWER FOUR CENTERS OR CHAKRAS AND RETURN TO IT AS A CIRCUIT. THEREFORE WE FIND THAT THE NECK IS THE PROVERBIAL CENTER THAT CATCHES EVERYTHING IN ITS POSITION AS A LINK BETWEEN THE HEAD AND THE BODY. IN PHYSIOLOGY WE FIND THAT THE CRANIAL NERVES REFLEX THERE, ESPECIALLY THE PNEUMOGASTRIC AND ITS ABDOMINAL REACTION. THE TWO SYMPATHETIC GANGLIONS ALSO HAVE THEIR INFLUENCE IN THE NECK WITH REFLEXES FROM BELOW. NO WONDER MOST PERSONS ARE NECK CONSCIOUS WHEN THEY ARE UNDER MENTAL-EMOTIONAL TENSION OR HAVE INDIGESTION OF VARIOUS KINDS. TECHNIQUES OF REFLEX THERAPY WHICH RELEASE CAUSES OF THE ENERGY BLOCKS FROM BELOW SHOULD BE USED FIRST BEFORE ANY ATTEMPT IS MADE TO TREAT OR TO ADJUST THE NECK.

FIG. 1 SHOWS THE PATIENT LYING ON HIS STOMACH WITH THE FACE TURNED TO THE SIDE OF THE CONTACTS. THE LINES OF FORCE TO BE INFLUENCED ARE SHOWN BY THE ARROWS. THE LEFT HAND IS ON THE TENDER AREA OF THE OCCIPUT WHICH HAS BEEN

GENERAL RULE FOR CORRECTING ANTERIOR UPPER DORSAL VERTABRAE:

THE UPPER DORSAL CURVE MUST BE BROUGHT TO THE POSTERIOR BEFORE ANY CORRECTION FOR ANTERIORITY CAN BE MADE. THE HIGHER

OF THE CURVE OF THE SPINE. UNDER TENSION. THE TECHNICIAN'S RIGHT HAND IS ON THE RIGHT SIDE OF THE SPINE OVER THE UPPER DORSAL VERTEBRAE WHICH ARE THE NEGATIVE POLE OF THE TENSION AREA. THE TWO CONTACTS ARE A STRETCH ALONG THE LINES OF FORCE AND THE ADJUSTMENT IS MERELY A LITTLE MOVE AT THE END OF THE STRETCH. THERE MUST BE NO ROTATION MOVEMENT ON THE HEAD. THIS WOULD PRODUCE A TWIST IN THE NECK MUSCLES WHICH IS UNDESIRABLE.



Fig. 2

FIG. 2 SHOWS AN ELASTIC ADJUSTMENT WITH THE THUMBS ON THE TRANSVERSE PROCESSES OF THE UPPER DORSALS WITH COMPLETE RELAXATION THIS IS A UNIQUE TECHNIQUE IN THE CORRECT DIRECTION OF THE LINES OF FORCE AND THERE IS LITTLE HURT ATTACHED TO IT. A ROCKING DIRECTIONAL TENSION RELEASE IS MOST EFFECTIVE IN RELIEVING ENERGY BLOCKS WHICH CAUSE SORENESS AND PAIN.

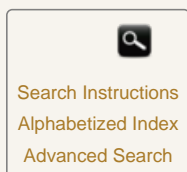
THE CURVE IS PLACED POSTERIORLY BY BENDING THE HEAD FORWARD ON THE CHEST, THAT MUCH MORE LEVERAGE IS APPLIED TO THE UPPER SIX DORSAL ARTICULATIONS FOR THE CORRECTION OF ANTERIORITY. WHEN THE PATIENT IS LYING ON THE STOMACH A FAIRLY FIRM SUITABLE SIZE CUSHION SHOULD BE PLACED UNDER THE CHEST, TO BRING THE PEAK OF THE POSTERIOR CURVE ON THE ARTICULATION WHERE THE ANTERIORS ARE TO BE CORRECTED BY ANY METHOD, IN THIS POSITION. FOR CORRECTING RIB ARTICULATIONS

THIS IS A GOOD POSITION WITH A FIRM SUPPORT UNDER THE CHEST. IT CAN BE DONE WITHOUT PAIN WITH THE HEAD IN A SPLIT CUSHION- FACE DOWNWARD.



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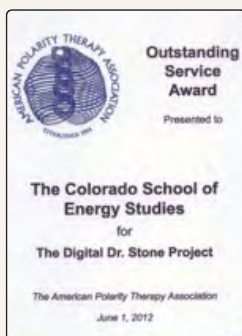
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Mental and Emotional Therapy

1. Check the body for the over-all picture of the distortion to gravity lines; this may include all three nervous systems^[1] in their abnormal functions. And by re-checking, after using the Sympathetic and the Parasympathetic Techniques, through PERINEAL and other POLARITY contacts, it will show how much of this distortion was due to their effects on the skeletal muscles.

Where should the treatment start? Top, middle or bottom? If we say at the top, let us find out why and let the same question apply to the other two regions. Normally, all nerve impulses must pass from the brain downward, over the medulla and the spinal cord, the twelve cranial nerves, the sympathetic and the parasympathetic systems. A sympathetic chain is located on each side of the spinal column. Usually a patient is more conscious of tension in the neck than anywhere else. So, if we examine the neck first, we find the greatest tension, tenderness and strain that the patient is aware of. In the neck we find the locked impulses of the spinal and cranial nerves, the sympathetic and parasympathetic reflexes. They all seem to meet here and become entangled. Outgoing impulses are backed up, and the incoming ones cannot get through. WHEN THE PERINEUM IS RELAXED, THE NECK MUSCLES IN THE UPPER REGION LET GO ALSO. Locked up impulses of emotional tension hold them tight, and the Perineal Technique^[2] releases these energy blocks.

The neck is the most logical place to begin to trace and balance the causes of the stasis in either one or all three nervous systems.^[1] The ancient Norsemen pictured the neck as the rainbow bridge in their mythology, whereby energy fields (gods) reached the brain (Walhalla [Valhalla], the city of the gods [Hall of the Slain]). The reason so many impulses are blocked and piled up here is that the negative pole on the other end cannot receive them; its polarity having been changed, by resistance, to a positive quality. The 'short-circuits' must be dispersed. Then the normal rhythm must be re-established and balanced with the top; the neck outlet with the pelvic outlet below, to return the impulses and complete the circuit.

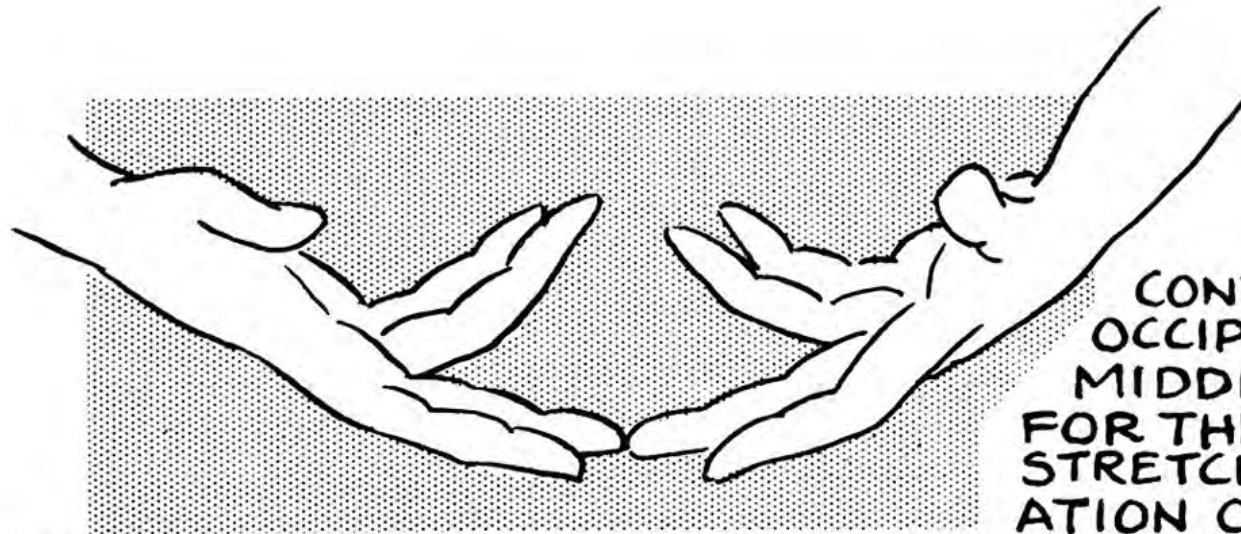
2. Correlate the function of the vital centers through the re-establishment of POLARITY in the parasympathetic and the sympathetic nervous systems by means of PERINEAL and POLARITY contacts and techniques.^[2]
BALANCE THE CENTER WITH THE CIRCUMFERENCE - THE WITHIN TO THE WITHOUT.

RULE: No relaxation of the voluntary nervous system and muscles can take place as long as the involuntary ones are locked

¹ The voluntary (or somatic), sympathetic (autonomic, involuntary, visceral, or vegetative), and parasympathetic.

² See page [87](#); and Book 2, Charts [30](#) and [31](#).

CHART NO.42. THE NORTH POLE STRETCH.



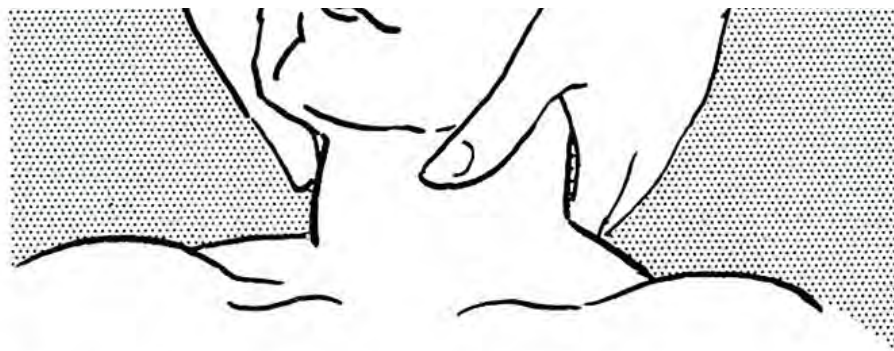
CONTACT ON THE
OCCIPUT WITH THE
MIDDLE FINGERS
FOR THE NORTH POLE
STRETCH AFTER RELAX-
ATION OF TENSION

Fig. 1

THIS IS A MOVE TO RESTORE
THE POSITION OF THE OCCIPUT
AND ATLAS, WHICH ARE PULLED
INFERIORLY BY THE ATTACHED
MUSCLES. THE OBJECT IS
TO RELEASE THE COMPRESSION
BETWEEN THE VERTEBRAE
ON THE CARTILAGENOUS
DISKS. THIS CAN BE
ACCOMPLISHED SOME-
TIMES ALL ALONG THE
SPINAL COLUMN WHEN
RELAXATION IS
COMPLETE.



A GENTLE MOULDING
STRETCH IS USED
FIRST TO RELEASE
AND TEST TENSION
AND THE ADVISABILITY
OF AN EXTENSION
OF THE HEAD. IF TOO



LOOSE OR TOO TIGHT
NO ADJUSTING PULL
SHOULD BE GIVEN.

Fig. 2

POSITION FOR A STRETCH AND
AN ADJUSTMENT TO RELEASE
COMPRESSION BY A PULL STRAIGHT
HEADWARD FROM THE OCCIPITAL
BASE CONTACT. THE JAW AREA
IS USED ONLY TO STEADY THE
HEAD AND MAKE THE HOLD FIRM.

ILLUSTRATION FOR PAGE 66
IN "THE NEW ENERGY CONCEPT
OF THE HEALING ART."

CHART NO.43.

HEAD MOULDING THERAPY AND ITS DEFINITE EFFECT ON BODY AREAS.

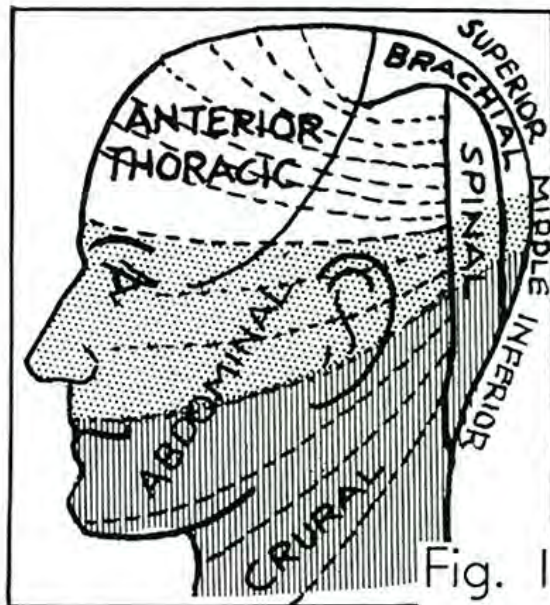
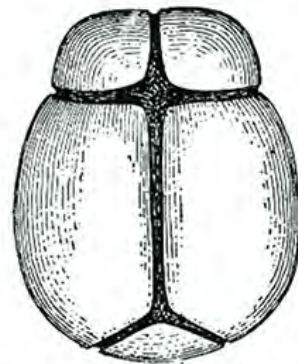
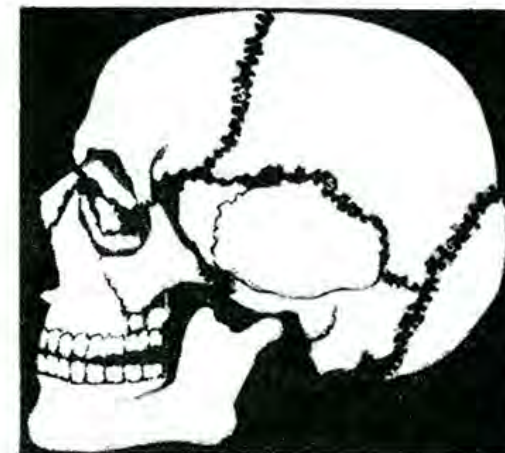


Fig. 1



TOP OF A BABY'S SKULL
SHOWING THE BONES OF THE
CRANIUM NOT YET GROWN
TOGETHER.

Fig. 5



NATURAL DIVISIONS OF
THE HUMAN SKULL.

Fig. 6

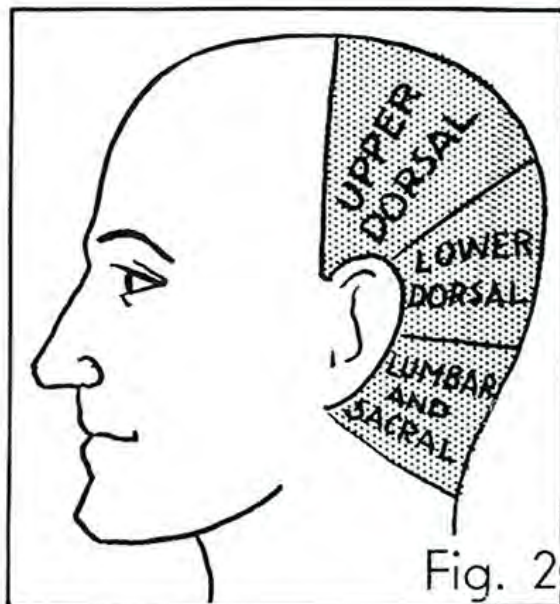


Fig. 2

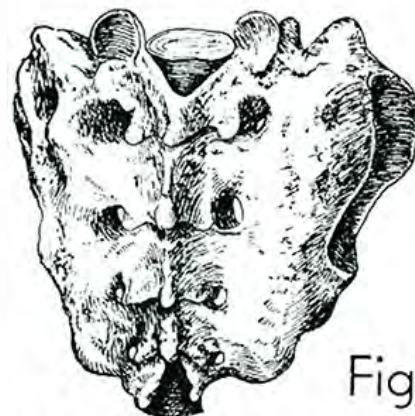


Fig. 7

THE SACRUM
CONSISTING OFFIVE FUSED
VERTEBRAE AT THE LOWER
END OF THE SPINAL COLUMN

IS IT POSSIBLE THAT THESE
FIVE BONES OF THE SACRUM
HAVE A DEFINITE RELATION-

EVERY CONTACT ON THE BODY HAS
A DEFINITE REACTION, ESPECIALLY
OVER VITALCENTERS AND REPRESENT-
ATIVE POLAR REFLEX AREAS. IN
MOLDING THE HEAD OR THE NECK
WHICH ARE SUPERIORLY LOCATED,
THE WHOLE BODY IS INFLUENCED
BY DIRECT IMPULSES AND BY RELEAS-
ING ENERGY BLOCKS DUE TO REFLEX-
ES FROM BELOW, THESE AREAS ARE
ALSO BENEFITTED. THE MOLDING
OF THE CRANIAL BONES IS AN ART
IN ITSELF. EVERYTHING DEPENDS
ON KEEN OBSERVATION AN ELASTIC
AND FIRM TOUCH, AND THE SKILL
OF THE OPERATOR. WHEN WORKING
WITH GREAT INTEREST AND ATTENT-
ION A DOCTOR CAN LEARN DIRECT
FROM LIFE. THE MOULDING PROCESS
INVOLVES DIRECTIONAL FORCE USED

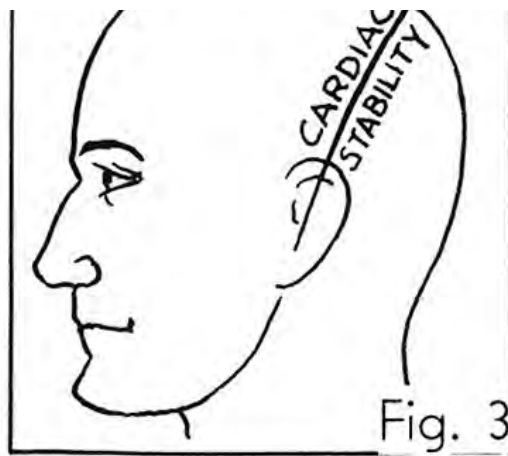


Fig. 3

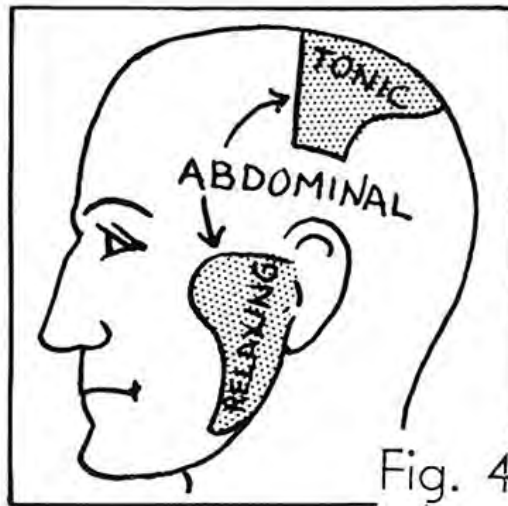


Fig. 4

SHIP TO THE FIVE BONES ON THE TOP OF THE HEAD LIKE THE FOUNDATION OF A HOUSE HAS TO ITS ROOF? THESE FIVE BONES ARE MOULDS OF THE FIVE ENERGY FIELDS OR TATTWAS AND THE FIVE LIFE ENERGY CURRENTS OF PRANA FLOWING THRU THEIR CENTRAL CONTENTS AND NERVE CENTERS.

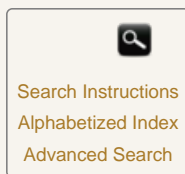
THE SUPERIOR OVAL IS THE MENTAL FIELD; THE GOVERNOR, THE INFERIOR TRIANGLE IS THE VITAL SUSTAINING FORCE AND FIELD. ONE IS THE CROWN OF MAN, THE OTHER WAS CALLED THE SACRED BONE. WHAT FORCE OF POTENTIAL ENERGY LIES HIDDEN HERE? AND WHAT ARE ITS MYSTERIOUS POSSIBILITIES WHEN RAISED TO FULLY AWAKENED CONSCIOUSNESS? THE SPACE IN BETWEEN IS THE NEUTER POLE OF THE LIFE ENERGY; THE SUSTAINER (VISHNU) THE SUPPORTER AND PRESERVER OF ORGANISMS.

PLUS THE POLARITY REFLEXES. THE CENTRAL AXIS OF THE BODY'S ENERGY FIELD IS DEFINITELY INFLUENCED BY EXTERNAL IMPULSES OF ENERGY APPLIED WHICH REACTS THRU THE WIRELESS ENERGY WHIRLS, FLOWING THRU THE MENINGES LIKE AN INDUCED CURRENT AND EFFECTS THE TENSION OF THE CEREBRO SPINAL FLUIDS LOCALLY. THE SKULL IS A HOLLOW BAND SHELL IN WHICH THE ULTRA SONIC ENERGY CURRENT OF THE SOUL REVERBERATES LIKE THE MUSIC OF THE SPHERES AND IS THUS BROADCASTED; THE BRAIN ACTING AS THE CONVERTER AND SWITCHBOARD FOR THE WHOLE BODY.



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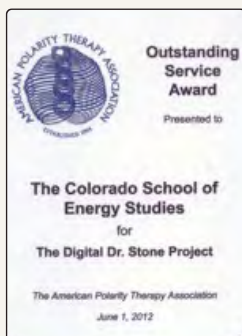
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Explanation of Chart 43

[See [Book 2, Chart 43](#)]

These four drawings are from Dr. J. R. Buchanan's ^[1] PHYSIOLOGICAL SARCOGNOMY, 1891, with a few additions, showing areas in the head and brain which are positive control areas for body regions thru [through] brain functions. As such, they have a reflex capacity of suffering thru [through] the interference of the return currents from the lower poles.

These areas of influence were established by careful research, nerve tracing, and reflex effects, also by electrical and other psychometric tests by the early pioneers.

When giving cranial treatments, or molding of the head and neck, etc., these are the real factors and currents involved by polarity, not the mere solid head bones and the effort to position them. The effect is primarily in the energy field thru [through] the induced currents in the meninges and their relaxation and balance, rather than purely physical. The head areas given here definitely affect those regions below when stimulated. In this manner, all cranial and facial bone molding can be done intelligently and effectively. The head and brain as the positive pole contain the pattern and energy supply for all parts thru [through] the wireless currents and the nervous system.

In general, the superior part of the brain corresponds to the upper portion of the body; the basilar portion to the lower half. The lateral ventricles correspond to the upper part of the waist; the base of the brain to the lower end of the trunk, the sacrum specifically.

Dense structures are moved by finer and more sensitive tissues of nerves and endothelial membranes, like the coverings of the brain and spinal cord, the meninges. These are the membranous representatives of the whirling currents around the core and softer structures of the brain and spinal cord. As such, they are central factors in health and disease.

Bones, connective tissues, and muscles were formed by the energy current patterns for their protection and movement in space as a unit. As such, these structures are a protection, or a grave for the finer impulses of the soul's energies. Elasticity expresses co-operation to the currents. Stiffness and rigidity show the lack of cellular vibratory response to the vital force.

The brain is the House of Representatives for every structure and function in the body. It is the crown of creativeness from which all energy proceeds and must return in order to register as consciousness and experience in life.

¹ Dr. Joseph Rhodes Buchanan (1814-1899), an American physician and physiologist who is also credited with coining the term "psychometry" (soul measuring).

CHART NO.44.

SPECIAL SENSE FUNCTIONS OF THE BRAIN AND THEIR REPRESENTATIVE LOCATIONS ON THE HEAD.

THESE EXTERNAL AREAS CAN BE INFLUENCED BY
MANIPULATION TO REACT THROUGH THE BRAIN
AS A PHYSIOLOGICAL STIMULI.

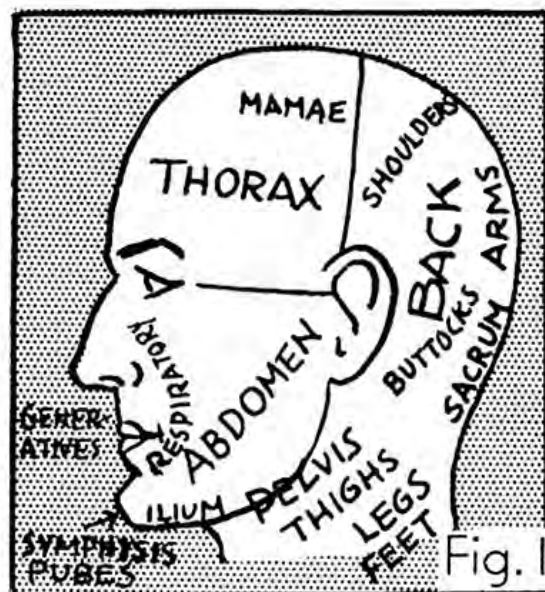


Fig. 1

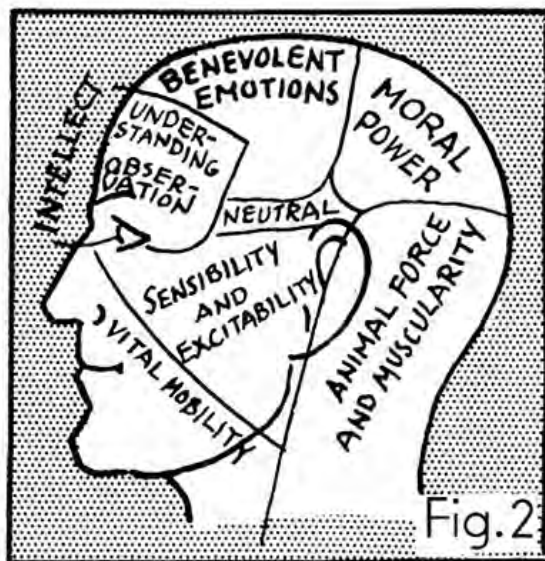


Fig. 2

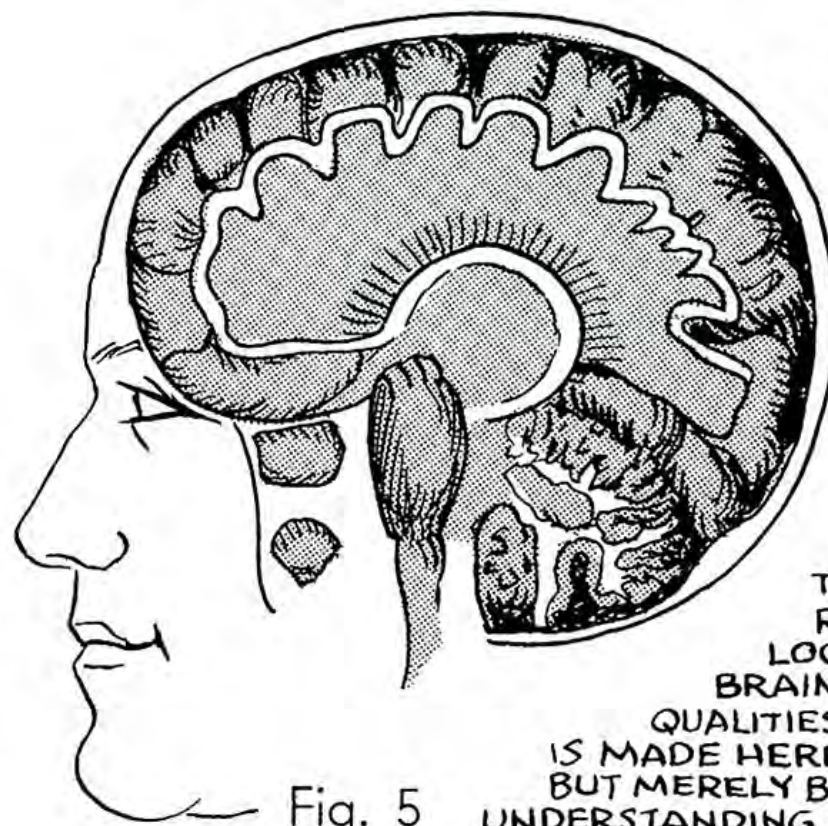


Fig. 5

FIG.1 BELONGS TO THE
OTHER CHART OF ANATOM-
ICAL REFLEX AREAS IN THE
HEAD. IT IS LEFT HERE ON
PURPOSE, TO SHOW THE
CONNECTION BETWEEN
THE MECHANICAL ASPECT
OF MOLDING BONES AND
ITS REFLEXES TO THE BODY
AND EFFECTS THRU THE
BRAIN, ITS CONVOLUTIONS
AND THE CEREBROSPINAL
FLUID. FIGS. 2-3 AND 4
GIVE GENERAL AREAS FOR
THE EXPRESSION OF THE
FINER QUALITY ACTIONS
OF THE SOUL WHICH MAN-
IFEST AS FACULTIES THRU
THE MIND AND BUILD THEIR
RESPECTIVE REPRESENTATIVE
LOCATION OF ORGANS IN THE
BRAIN TO EXPRESS THESE MENTAL
QUALITIES AND IMPULSES. NO ATTEMPT
IS MADE HERE TO TEACH PHRENOLOGY,
BUT MERELY BRING ABOUT A LINK OF
UNDERSTANDING, THAT SOUL FUNCTION
HAS EVERYTHING TO DO WITH BODY AND
MIND FUNCTION.

ALL PSYCHIATRY HAS ITS
ROOTS IN THE MIND,
WHICH OPERATES THESE
FACULTIES THRU REP-
RESENTATIVE BRAIN
AREAS. SINCE IT IS
ESTABLISHED THAT FROM



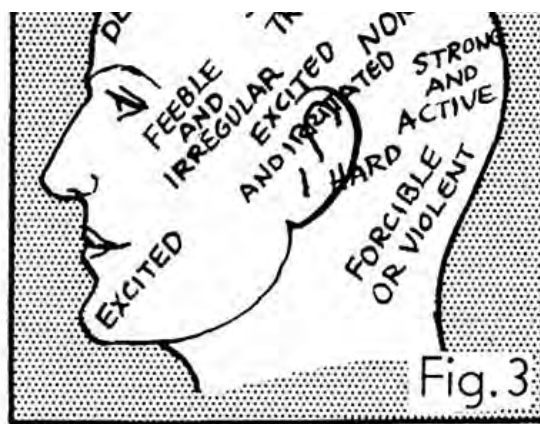


Fig. 3

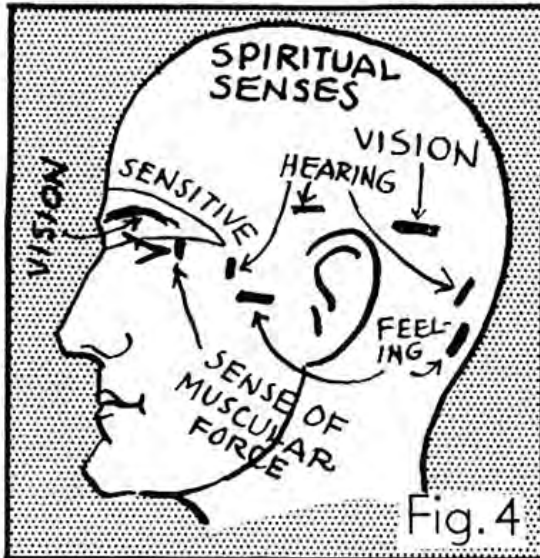


Fig. 4

ESTIMATED THAT FROM 40 TO 60 PER CENT OF ALL DISEASES HAVE A PSYCHOSOMATIC ORIGIN IT WOULD BE WELL TO GIVE THIS ASPECT MORE ATTENTION. AN INTELLIGENT ENTITY LIVES IN THIS BODY, AND IT IS NOT A MERE CHEMICAL-MECHANICAL LABORATORY. EVERY REACTION DEPENDS ON THE CENTRAL ACTION OF THIS SOUL IN THE BODY AND ITS FINE ULTRA-SONIC VIBRATORY ENERGY CURRENTS.

A PHYSIOLOGICAL PHASE COULD BE ADDED TO PSYCHIATRY BY FINDING THE WEAKER FACULTIES AND DEFICIENT ORGANIC REPRESENTATION AND BUILD THEM UP BY MENTAL EXERCISE LIKE TRAINING FOR A VOCATION.

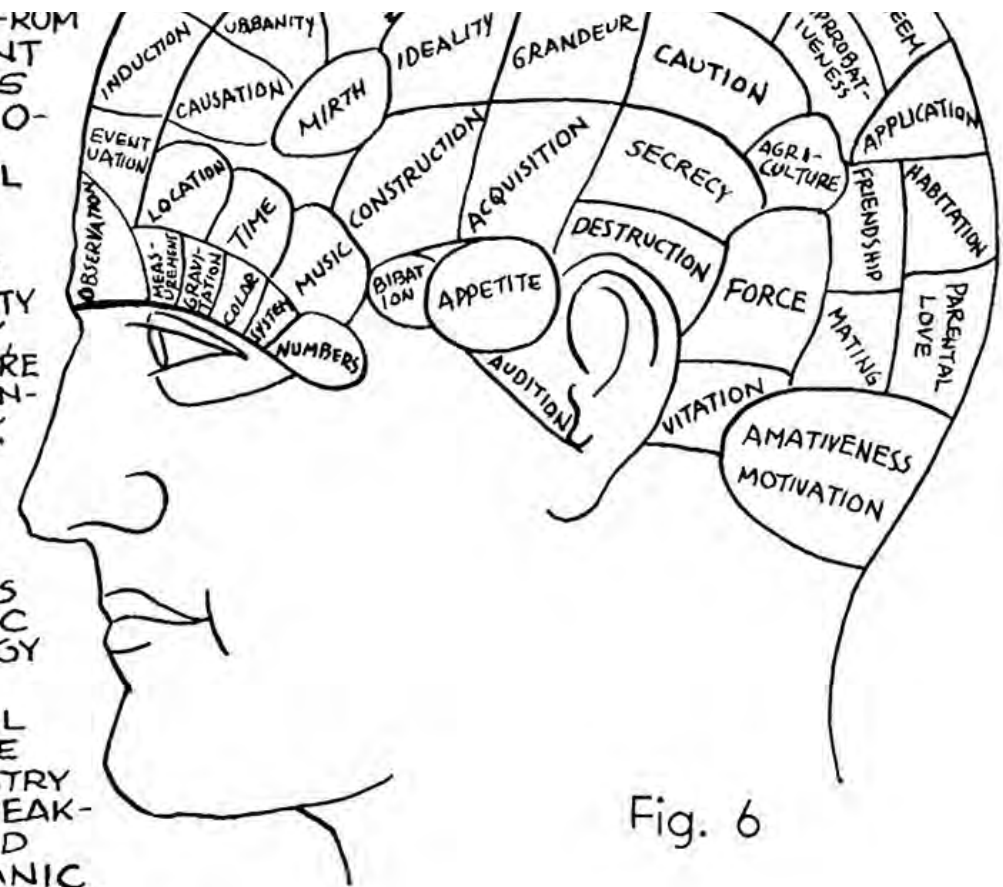
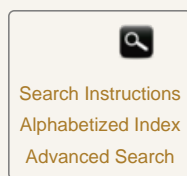


Fig. 6



Writings of Polarity Therapy founder
Randolph Stone, DO, DC, ND (1890-1981)
have been digitized, indexed and made
searchable in this new free resource for
Polarity students, practitioners and teachers.

Book 2: The Wireless Anatomy of Man
& Its Function - A Course in
Manipulative Therapy with Principles
& Illustrations



[Index of Transcribed Charts](#)

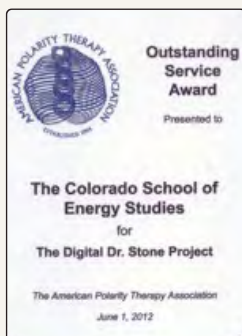
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Explanation of Chart 44

[See [Book 2, Chart 44](#)]

Four more illustrations from Dr. Buchanan's ^[1] PHYSIOLOGICAL SARCOGNOMY, with a few additions:

The first head gives more regional locations plainly and should be joined with the other four [i.e. the four heads on [Chart 43](#)]. The next three show areas of the brain's sensory expression in fields on the head and face.

Head No. 4 gives the sense of vision in the anterior frontal part of the brain in the intellectual sensory perception area, in spite of the fact that other scientific findings had located the center of vision in the cuneus of the occipital lobe supported by the gyrus angularis [angular gyrus] found by vivisection.

Sarcognomy based its view on the fact that all sensory organs receive their energy support from the correlative occipital organs in the motor area.

General Outline of Correspondence and Locations

The surface of the brain corresponds to the surface of the body. In the superior central region are located soul function areas. In the middle and lateral regions are the functions of the mind; and at the base of the brain are located the natural functions of the physical body.

Effects produced on the body are local and physiological, but become psychic in proportion as the brain sympathizes with the spot. Effects produced on the brain are mental and become physiological only as the cerebral influence extends to the body.

In general, stronger influences are in the back of the brain and the gentler towards the front. The back of the head, the extreme occipital portion, gives power and ambitious impulses. The passions and appetites are below, the nobler impulses above. Faculties and their organic representative areas in the brain are higher as they are of a more kind, loving and spiritual nature; and lower as they are more animal, selfish and violent.

Love and tenderness are at the summit; hate and cruelty at the base.

Anteriorly, above the diaphragm, we find the gentle and refining influences, below the diaphragm, the sensual, sensitive and morbid influences.

The fine sensitive impulses of the soul must also have a representative expression in and thru [through] this unit of the body; otherwise, there is frustration of latent impulses which prevent other currents from their normal course. The whole field of psychiatry is based on this proposition.

By tracing reflex effects of centers and influences, according to this system of cause and effect thru [through] polarity action of energy, much can be done. Energy blocks can be released instantly when found.

The skull cavity is a reverberating, accoustic [acoustic] chamber where ultrasonic soul impacts find their expression thru [through] the brain and the meninges, and reflect and impinge on every part of the body that must express the impulse as action, or transform it back into a centripetal current going back into the center as ideas or patterns of mind and consciousness. The anterior part of the brain and the body is mostly a sensory field. The posterior half is pre-eminently motor in its function. The superior portion of

the brain is the neuter [neutral] spiritual pole.

¹ Dr. Joseph Rodes Buchanan (1814-1899), an American physician and physiologist who is also credited with coining the term "psychometry" (soul measuring).

[American Polarity Therapy Association](#)

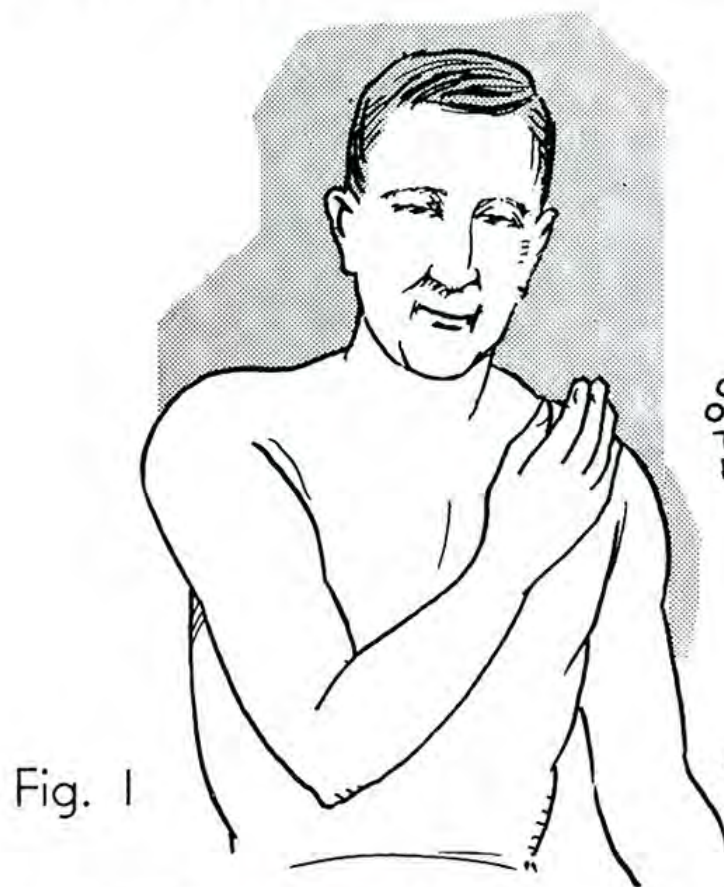
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Thanks to the American Polarity Therapy Association and CRCS Publications for supporting this project.

CHART NO.45. A SPECIFIC CONTACT IN THE SITTING POSITION FOR ADJUSTING FIXATIONS OF DORSAL VERTEBRAE AND ANTERIOR DORSALS - A STRETCH OF THE SPINE FOR THE RELEASE OF GASES.

COUNTRYSIDE TECHNIQUE



CONTACT
OVER THE
TRANSVERSE
PROCESS

CONTACT
OVER THE
SPINOUS
PROCESS

FIGS. 1-2 SHOW THE PREPARATION FOR THE LIFT AND THE CONTACT POINTS ON THE HAND OVER THE SPINE. THIS CAN BE DONE ON EITHER SIDE.



FIG. 3 SHOWS THE APPLICATION WITH THE ELBOW SUPPORTED ON THE KNEE OF THE OPERATOR AS A FULCRUM. THE OPERATOR'S OTHER ARM IS IN FRONT OF THE SHOULDER WITH A HOLD ON THE PATIENT'S ELBOW FOR THE LIFT. THIS CAN BE A GENTLE ROCKING MOTION AND STRETCH OF ANY ARTICULATION IN THE SPINE TO SEP-



THE CONTACT FOR ANY ANTERIORITY IS ON THE VERTEBRAE BELOW IT SO THE FULCRUM IS ON THE ANTERIORITY OF THE JOINT BY THE SUPPORT IMMEDIATELY BELOW IT.



THIS CONTACT CAN ALSO BE

ARATE THEM AND
HOLD THEM FOR A
MOMENT FOR THE
REFLEX RELEASE
OF GAS IN THE
BOWELS AND
TISSUES.

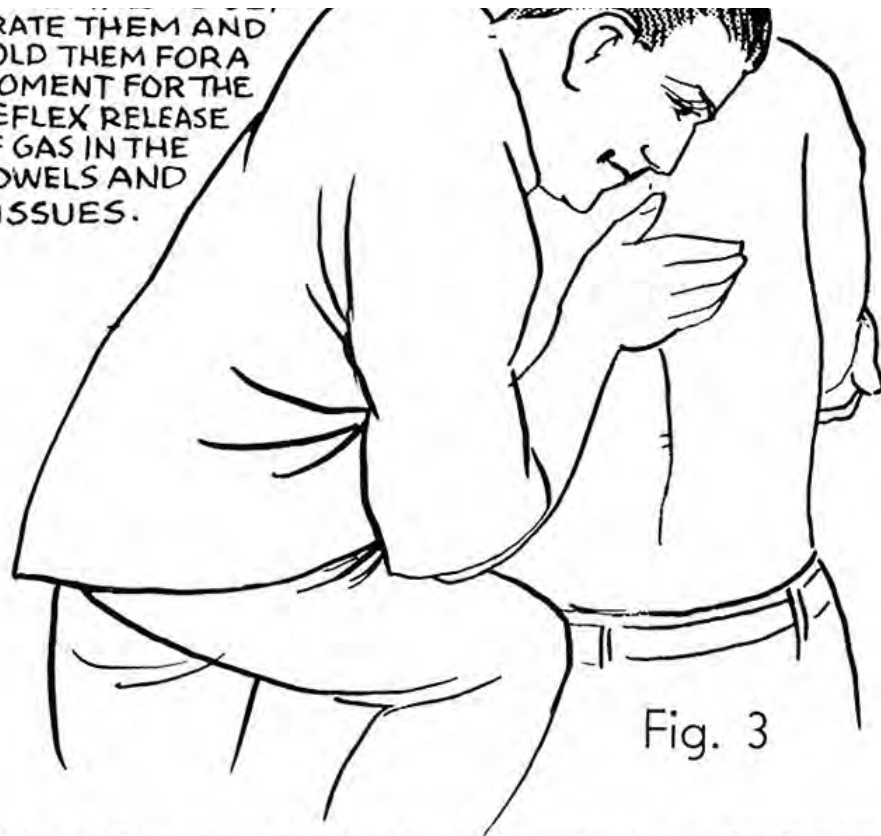


Fig. 3

THE ADJUSTMENT IS MERELY AN INCREASE
IN THE LIFT AND THE FULCRUM, RAISED BY THE
SUPPORTING KNEE. IT IS EASIER THAN IT LOOKS
AND NEEDS BUT LITTLE FORCE.

USED ON THE
TRANSVERSE
PROCESS FOR
ROTATION
OR FIXATION
OF SPINAL
ARTICULATIONS.

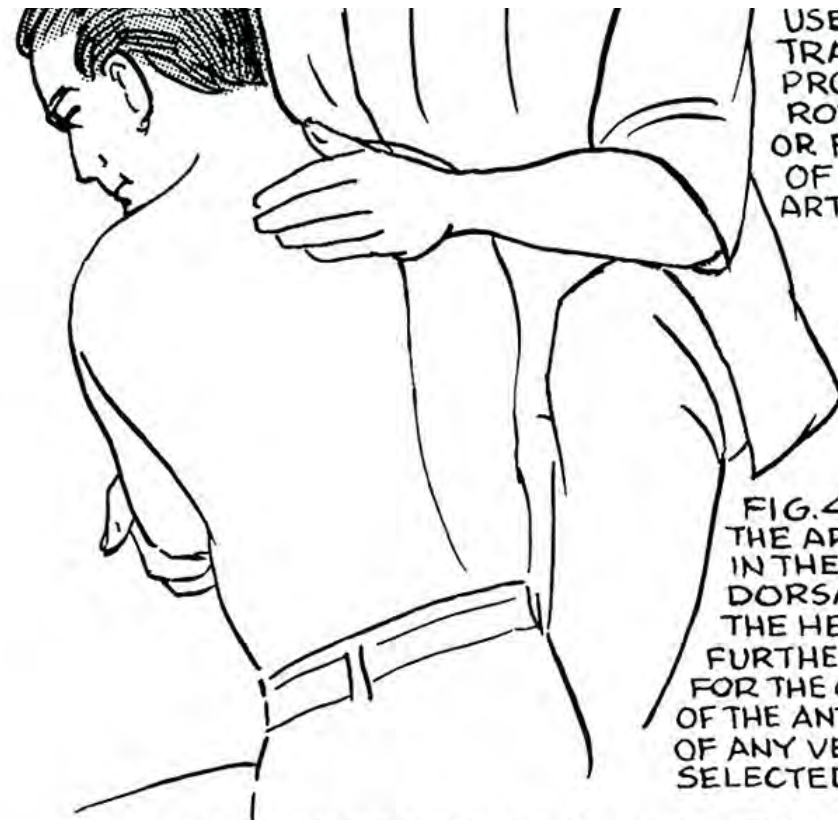


Fig. 4

FIG.4 SHOWS
THE APPLICATION
IN THE UPPER
DORSALS WITH
THE HEAD BENT
FURTHER FORWARD
FOR THE CORRECTION
OF THE ANTERIORITY
OF ANY VERTEBRAE
SELECTED.

EXTREME TENDERNESS ON THE SPINOUS
PROCESS IS USUALLY A DEFINITE INDICATION
OF IT. HOWEVER, ANY FIXATION MAY ACT
LIKE AN ANTERIORITY AND SHOULD BE
TREATED AS SUCH.

CHART NO.46

BRACHIAL PLEXUS AND SHOULDER RELEASE IN THE SITTING POSITION FOR RESPIRATORY DIGESTIVE, CIRCULATORY TROUBLE, AND SHOCK.

COUNTRYSIDE
TECHNIQUE

FIG.1 SHOWS THE SAME ARM LIFT AND KNEE POSITION ON THE CHAIR AS IN CHART NO.36 THE THUMB AND THE FINGERS SLIDE UNDER THE SHOULDER BLADE AS THE SHOULDER IS LIFTED. BOTH CONTACTS ARE ALL AROUND THE SHOULDER BLADES WHERE THE TENSION IS FOUND.

Fig. 1



ANY DOCTOR SHOULD BE EQUIPPED WITH A
GOOD MANIPULATIVE ART WHICH CAN BE SKILL-

FULLY GIVEN ON AN ORDINARY KITCHEN CHAIR FOR THE RELIEF OF MANY AILMENTS AND PAINS. IN TREATING THE SPINE SITTING UP, A GREATER LEVERAGE CAN BE APPLIED WITH A FULCRUM AT ANY POINT TO SEPARATE ARTICULATIONS, AND TO CORRECT ANTERIORITY BY PLACING THE HAND AS A FULCRUM OVER THE SPINOUS PROCESS ON THE VERTEBRAE BELOW IT. FOR THE RELEASE OF GAS PRESSURE AND ACUTE INDIGESTION THIS TYPE OF PROCEDURE HAS AN ADVANTAGE OVER TABLE TECHNIQUE BECAUSE GASES MUST GO UP AND THIS HELPS THE PATIENT TO BELCH FREELY. CHRONIC LIVER AND GALL BLADDER PATIENTS ARE USUALLY FULL OF GAS, DUE TO AN INCOMPETANT ILEO CAECAL VALVE AND COLITIS. EVEN IN OFFICE TREATMENTS THE PATIENT SHOULD BE DEGASED FIRST, IN ORDER TO GET RELIEF AND MAKE FURTHER THERAPY MORE EFFECTIVE.



Fig. 2

FIG. 2 SHOWS THE LEFT HAND OF THE OPERATOR FITTED OVER THE ANTERIOR PART OF THE SHOULDER, PUSHING BACKWARDS, WHILE THE FINGERS OF THE OTHER HAND SLIPS UNDER THE BLADE AS FAR AS POSSIBLE; THEN THE RIGHT KNEE LIFTS THE CONTACT AND THE WHOLE SHOULDER.

CHART NO.47. A WELL SUPPORTED MOVE IN SITTING POSITION FOR MUSCLE RELEASE OF THE NECK AND DORSAL REGION DOWN TO THE NINTH VERTEBRA.

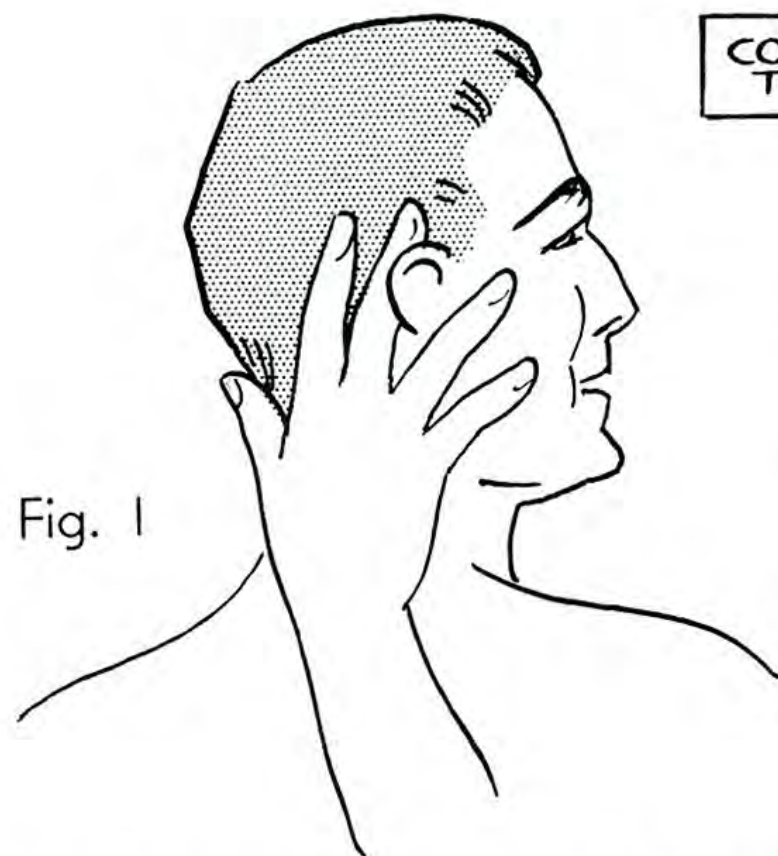


Fig. 1

CONTACT OF THE FINGERS BEHIND THE EAR, ON THE JAW, AND THE HAND ON THE NECK SO THAT THE HEAD CAN BE ROTATED.



COUNTRYSIDE
TECHNIQUE

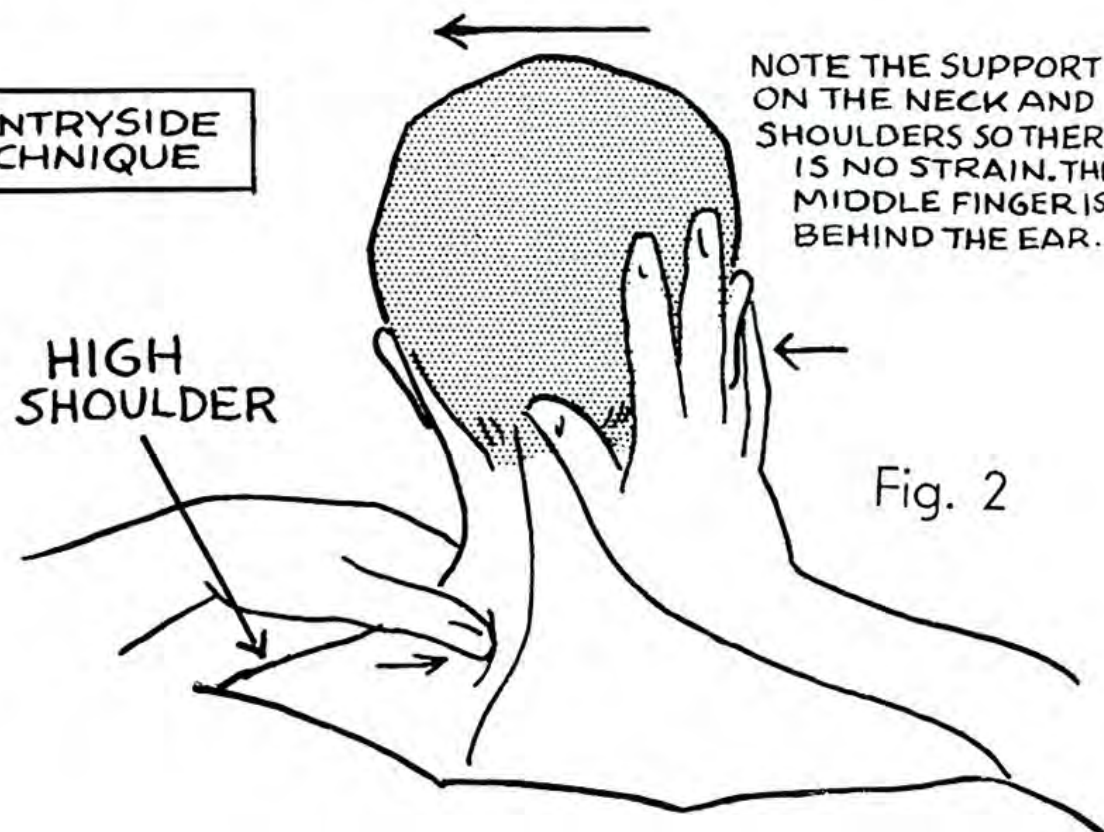


Fig. 2

THE BRACING CONTACT POINT ON THE HIGH SHOULDER SIDE. THIS CONTACT IS ON THE MUSCLES PUSHING THEM TOWARD THE SPINAL GROOVE. IT CAN BE ANYWHERE ON THE NECK, OR THE DORSALS DOWN TO THE 9TH SHOWN IN FIG.3

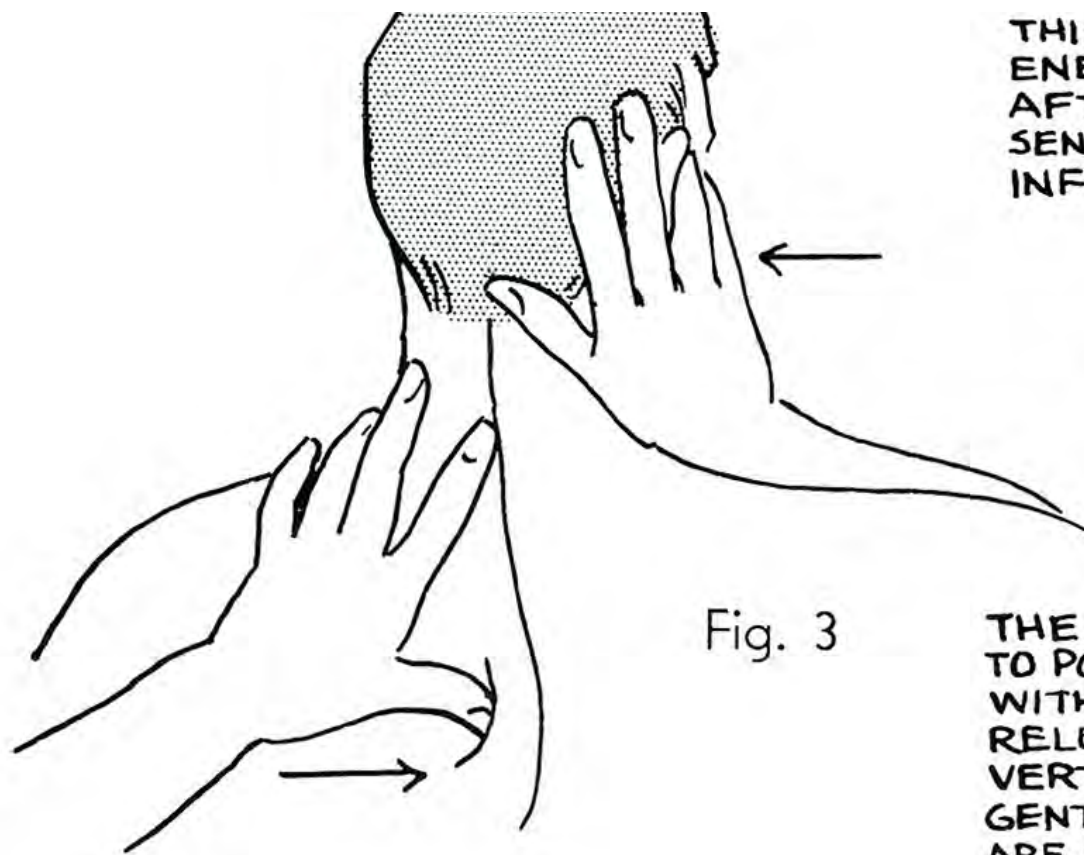


Fig. 3

THIS IS JUST ONE PHASE OF REMOVING ENERGY BLOCKS IN THE MOTOR AREA AFTER HAVING DULY RELEASED THE SENSORY BLOCKADE IN THE ANTERIOR AND INFERIOR BODY AREAS.

THIS IS DONE WITH THE PATIENT SITTING ON THE TREATMENT TABLE, SPECIAL CHAIR, OR ANY CHAIR. THE OPERATOR STANDS BEHIND THE PATIENT FACING HIS BACK.

THE HEAD IS USED AS A SUPPORTED FULCRUM TO POSITION THE ATLAS THRU ITS CONDYLES WITHIN THE RING OF THE OCCIPUT AND TO RELEASE AND FREE CERVICAL AND DORSAL VERTEBRAL FIXATION AND TENSION BY GENTLE RHYTHMIC MOVES. SPASTIC MUSCLES ARE INHIBITED IN THIS PRESSURE GLIDE TOWARD THE CENTER LINE AND ENERGY BLOCKS ARE REMOVED BY THE DIRECTIONAL FORCE EMPLOYED.

CHART NO.48. FINAL MOVE FOR THE CORRECTION OF A HIGH SHOULDER.



Fig. 4

THE COMPLETED CONTACT FROM AN ANTERIOR VIEW. THIS PROCEDURE IS VERY VALUABLE WHERE NO TABLE IS AVAILABLE AND RELEASE OF THE NECK TENSION IS NECESSARY, AS WELL AS RELIEF OVER THE BRACHIAL AREA. IT IS A POWERFUL LEVERAGE AND VERTEBRAES WILL LINE UP EASILY AS YOU GO ALONG. ANY TENSE MUSCLE AREA CAN BE HELD LONGER OR GONE OVER AGAIN. A CORRECT AND RELAXING MOVEMENT GIVEN HERE, WILL OPEN THE FORAMEN MAGNUM AND FREE THE ATLAS. THE SHOULDER CONTACT IS STIMULATING IN ITS EFFECT.

THE CONTACT ARM FITS OVER THE PATIENT'S SHOULDER AND THE HAND SUPPORTS THE ENTIRE NECK, SO THERE IS NO STRAIN WHATEVER BY AN UNSUPPORTED LEVERAGE. IT IS NOT THE OLD T. M. MOVEMENT FOR ADJUSTMENT. THE OBJECTIVE HERE IS TO MOVE ENERGY BLOCKS BY STIMULATION AND MUSCLE TENSION RELEASE.

CHART NO.49

EXTENSION OF THE NECK IN SITTING POSITION FOR HEADACHES, GAS PRESSURE AND OCCIPITO- ATLAS AND FORAMEN MAGNUM RELEASE,

COUNTRYSIDE TECHNIQUE

CONTACT POINT OF
THE HAND LAID
OVER THE FIRST
DORSAL VERTEBRAE

Fig. 1

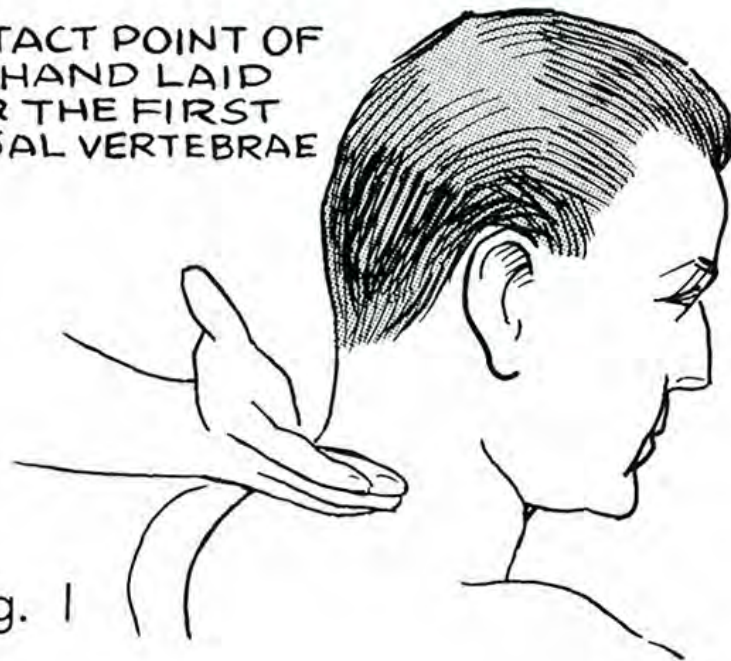
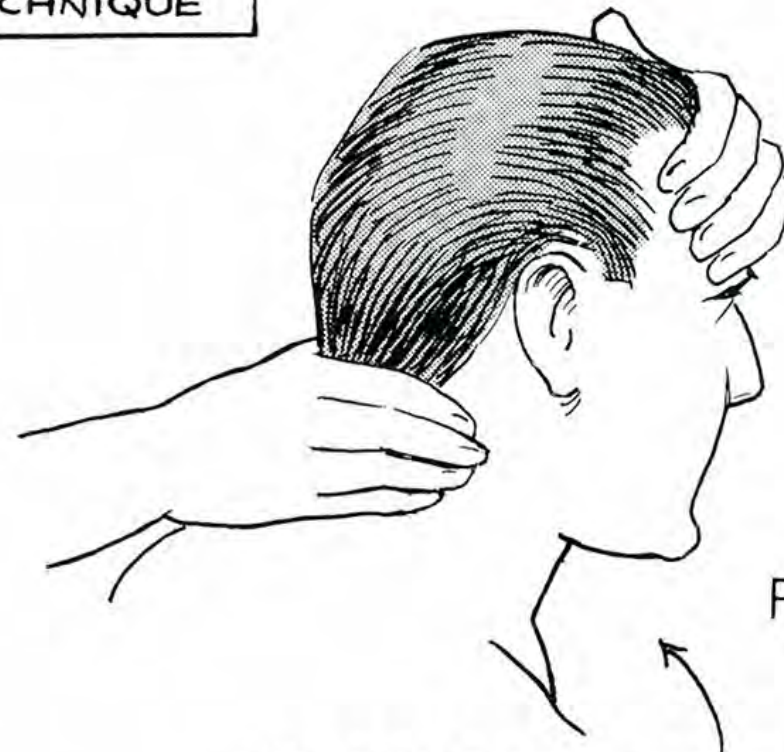


Fig. 2



THE HANDS WITH THE FINGERS
AND THUMBS UNDER THE OCCIPUT
WHERE THEY FIT. THE LEFT HAND
IS PLACED ON THE FOREHEAD
ABOVE THE EYEBROWS.





Fig. 3

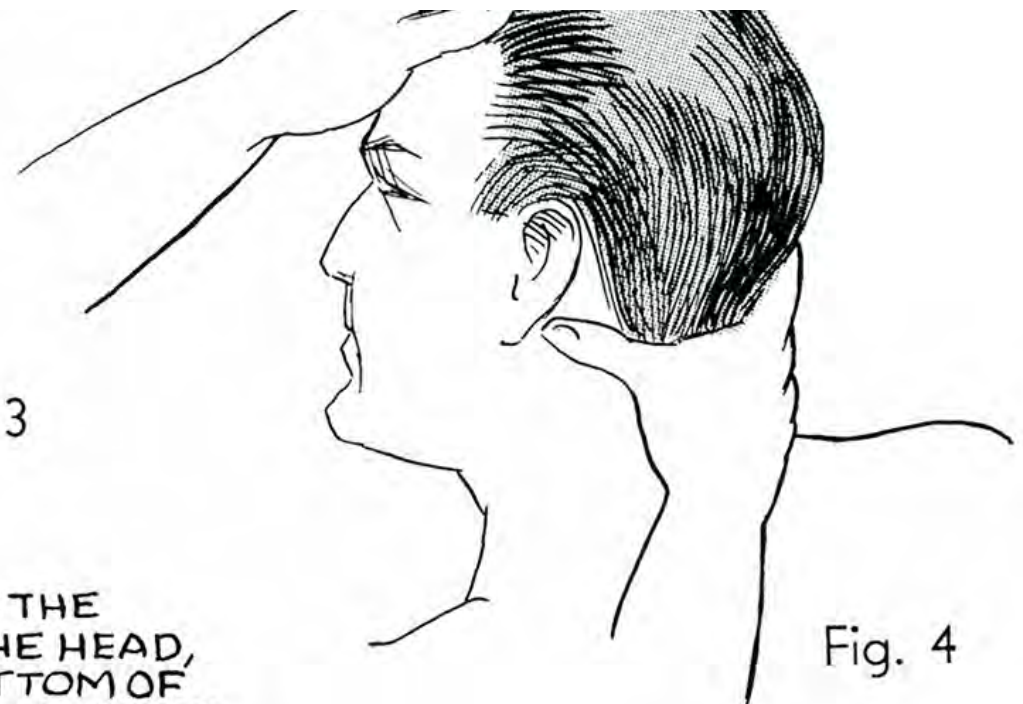


Fig. 4

THE HEAD IS PUSHED BACK ONTO THE HAND WHICH ACTS AS A LIFT TO THE HEAD, BY THE FIRM SUPPORT OF THE BOTTOM OF THE HAND ON THE VERTEBRA PROMINENCE OR ON THE FIRST DORSAL, DEPENDING ON THE SIZE OF THE OPERATOR'S HAND AND THE LENGTH OF THE PATIENT'S NECK. IT IS MERELY A LIFT BY A POSTERIOR FLEXION OVER THE HAND. NO FORCE OR JERK SHOULD BE USED. REPEAT SEVERAL TIMES AS A DIRECTIONAL STRETCH TO RELEASE BLOCKS, PAIN AND CONGESTION.

CHART NO.50.

SUCCESSIVE MOVES OF A NEW UPPER
DORSAL LIFT FOR ANTERIORITY AND
RELAXATION WHEN INDICATED.

COUNTRYSIDE
TECHNIQUE

THE PRELIMINARY CONTACT
WHERE THE WRIST FITS
RIGHT IN OVER THE
CLAVICLE.



Fig. 1

FIG. 2. THE HANDS ARE FOR CONTACT ON
THE OCCIPUT. NOTE HOW THE THUMB FITS
CLOSE TO THE SHOULDER, AND THE ARM
IS FIRMLY PLACED UNDER THE ARMPIT
NEAREST TO THE BODY. NO SPACE FOR
STRAINED LEVERAGE IS GIVEN. THE
BEND OF THE HEAD FORWARD IS
DETERMINED BY THE DEGREE OF
ANTERIORITY IN THE UPPER DORSAL
REGION AND THE AMOUNT OF FLEXION
POSSIBLE WITHOUT
STRAIN.





Fig. 2

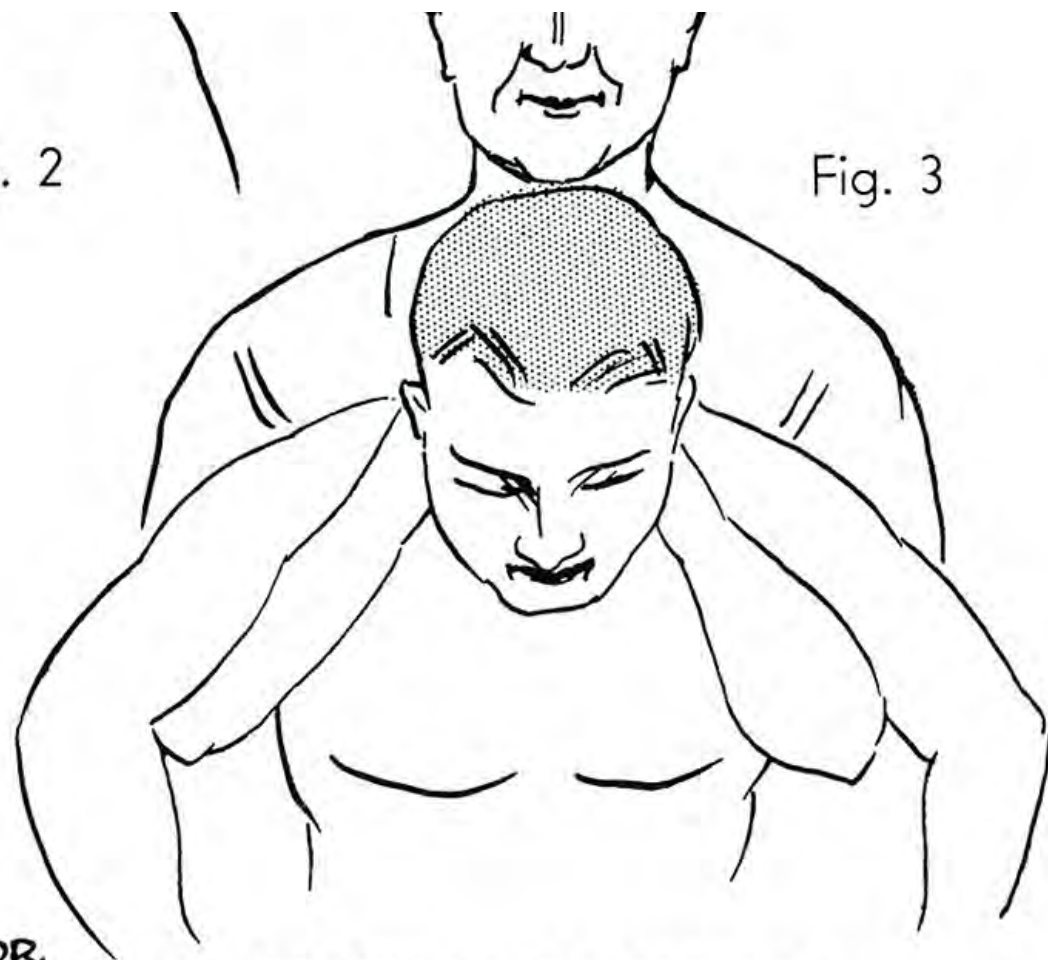


Fig. 3

FIG. 3. THE ANTERIOR VIEW OF THE HOLD, READY FOR THE LIFT, WHICH IS AGAINST THE CHEST OF THE OPERATOR. THE BEND OF THE HEAD MUST BRING THE DORSAL ANTERIORITY POSTERIOR, AND AT THIS POINT, THE FULCRUM OF THE CHEST IS APPLIED IN A GENTLE LIFT.

TEST THE POSITION FIRST. IF IT HURTS AT ALL, NO LIFT MUST BE GIVEN, FOR THERE IS NO LOWER DORSAL-LUMBAR COMPENSATION. A CORRECTION NOW WOULD RESULT IN SPASTIC MUSCLES WHICH CANNOT COMPENSATE.

REPLACEMENT OF THE TENDON OF BICEPS FOR ARM THAT CAN NEITHER BE RAISED COMPLETELY NOR BROUGHT BACKWARDS.

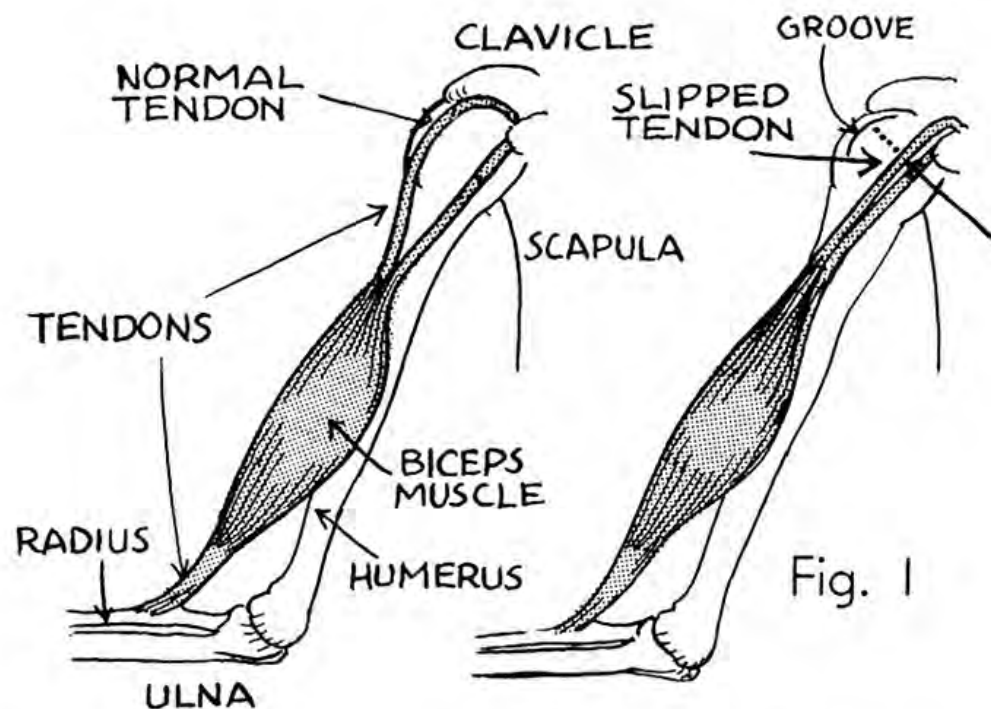


Fig. 1

THE CONTACT LIFTS THE TENDON BACK INTO THE GROOVE OF THE HUMERUS AND HOLDS IT THERE WHILE IT IS ROTATED TO A NORMAL POSITION.

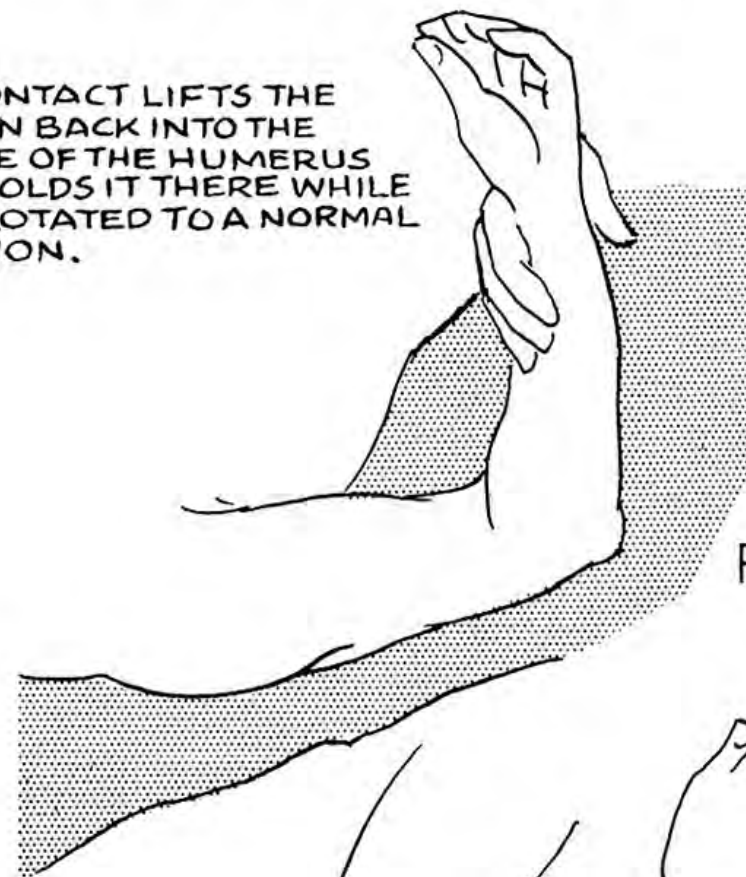


Fig. 2

PATIENT IS ON THE BACK WITH THE ARM FLEXED TO TAKE THE STRAIN OFF THE TENDON. THE HUMERUS IS ROTATED FORWARD BY LAYING THE ELBOW ON THE TABLE AND THE HAND FLEXED ON THE BODY. THE THUMB THEN TAKES A FIRM CONTACT IMMEDIATELY UNDER THE SLIPPED TENDON AND PUSHES UPWARD, AT THE SAME TIME THE HUMERUS IS ROTATED POSTERIORLY BY BRINGING THE FLEXED ARM UP TOWARD THE HEAD - EVEN WITH THE TABLE. THE CONTACT IS HELD AND THE ARM IS STRAIGHTENED OUT.

Fig. 3



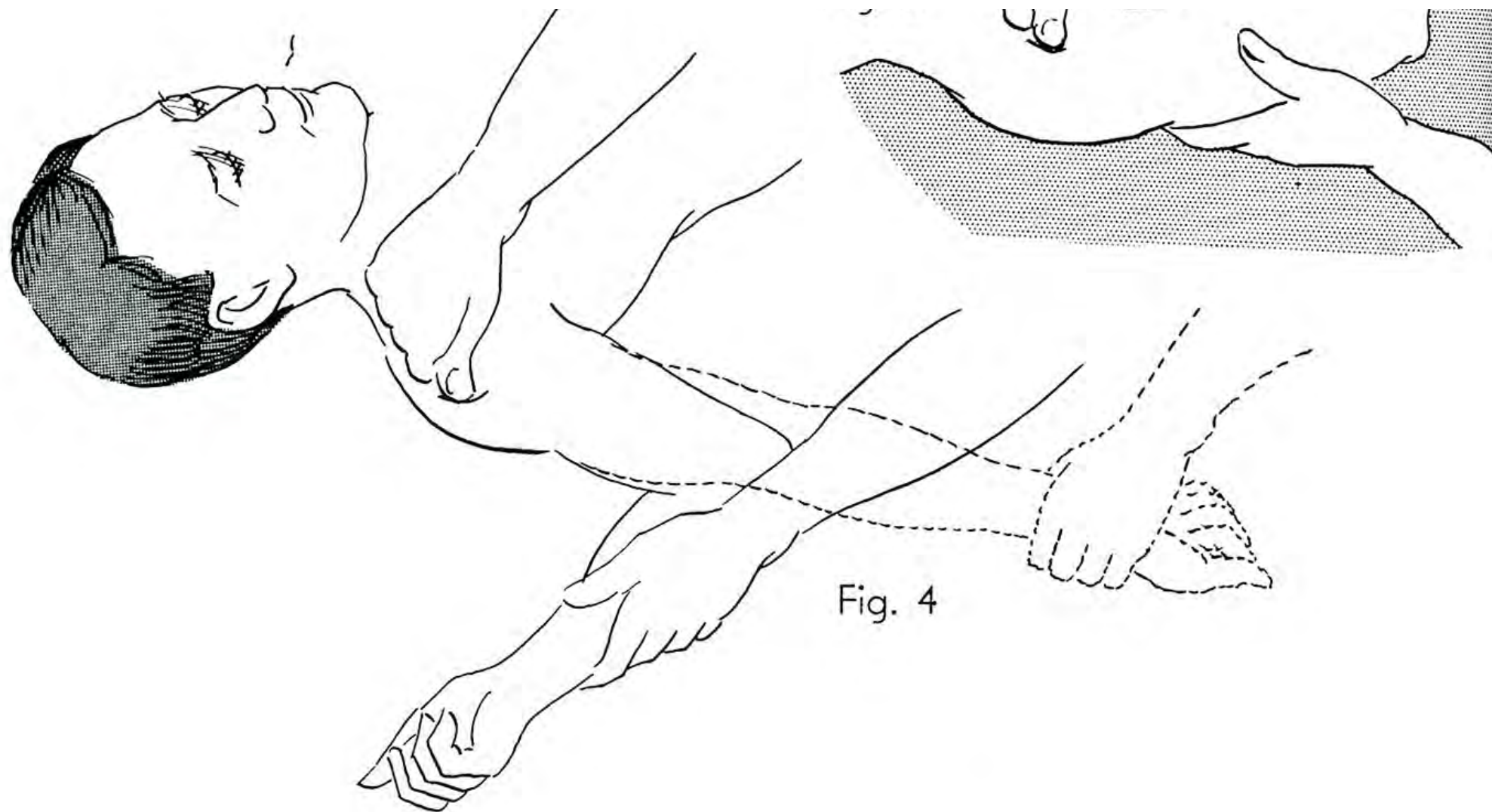
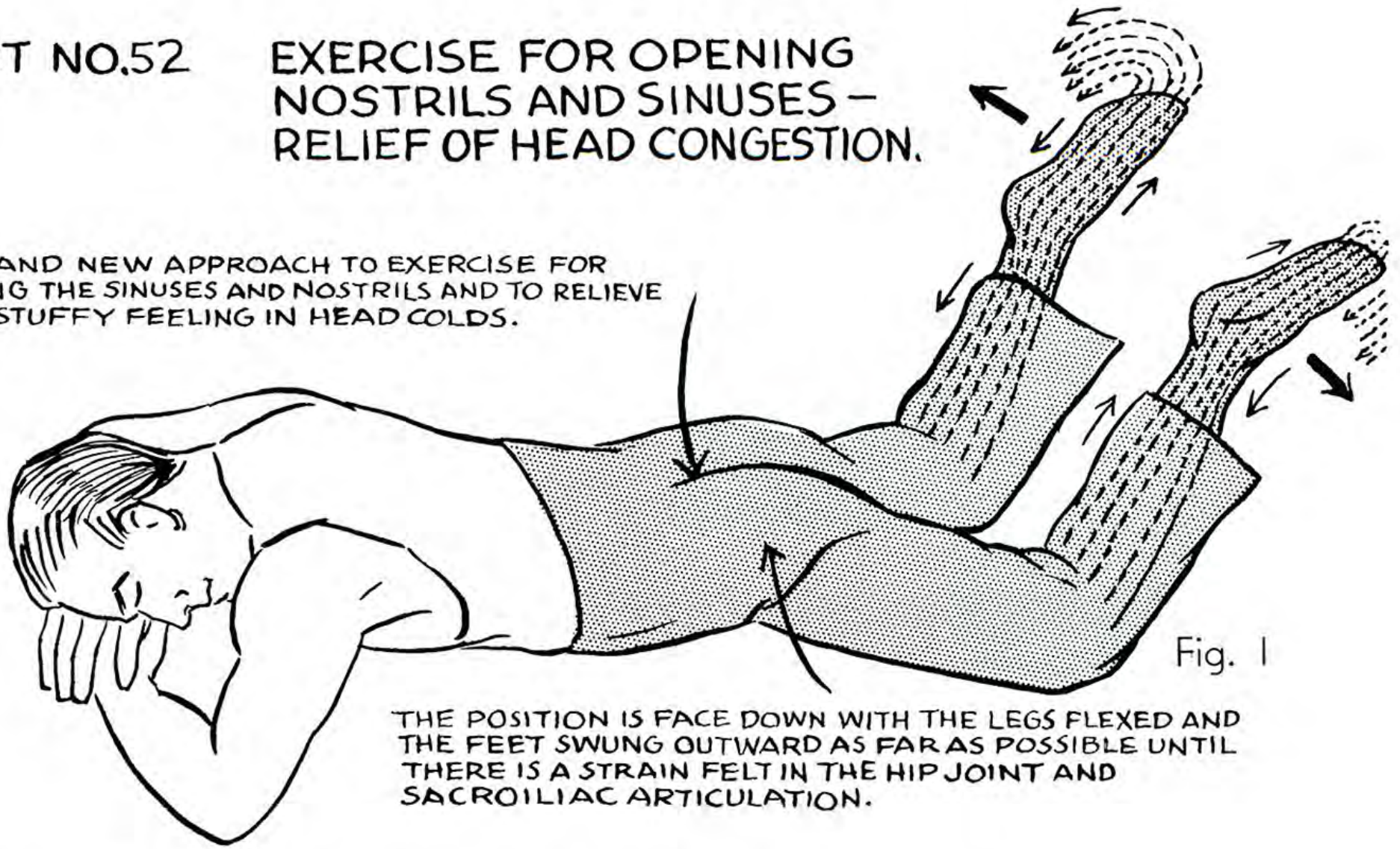


Fig. 4

CHART NO.52

EXERCISE FOR OPENING NOSTRILS AND SINUSES – RELIEF OF HEAD CONGESTION.

A BRAND NEW APPROACH TO EXERCISE FOR
OPENING THE SINUSES AND NOSTRILS AND TO RELIEVE
THAT STUFFY FEELING IN HEAD COLDS.



THE POSITION IS FACE DOWN WITH THE LEGS FLEXED AND
THE FEET SWUNG OUTWARD AS FAR AS POSSIBLE UNTIL
THERE IS A STRAIN FELT IN THE HIP JOINT AND
SACROILIAC ARTICULATION.

THEN SWING THE FEET PAST EACH OTHER MEDIANLY, AND
OUTWARD AGAIN. REPEAT THIS FOR 5 OR 10 MINUTES,
SEVERAL TIMES AND THE HEAD WILL CLEAR AND THE
NOSTRILS WILL OPEN. IT CAN BE DONE ON THE FLOOR
OR ON THE BED AND REPEATED AS OFTEN AS NEEDED.



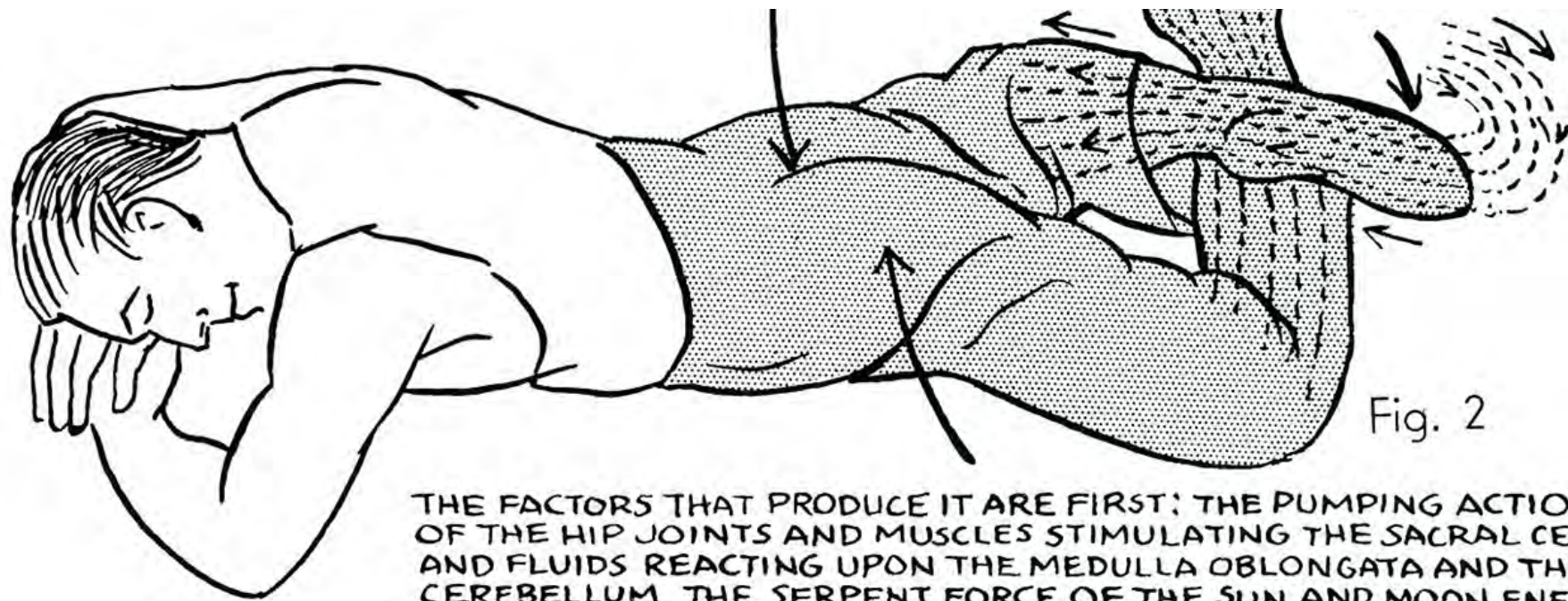


Fig. 2

THE FACTORS THAT PRODUCE IT ARE FIRST: THE PUMPING ACTION OF THE HIP JOINTS AND MUSCLES STIMULATING THE SACRAL CENTER AND FLUIDS REACTING UPON THE MEDULLA OBLONGATA AND THE CEREBELLUM. THE SERPENT FORCE OF THE SUN AND MOON ENERGIES OR THE CADUCEUS FROM THE BRAIN ARE ACTIVATED AT THE NEGATIVE POLE, WHICH OPENS THE BREATHING CENTERS IN THE HEAD.

THE OTHER POINT IS THE FACT THAT THE FEET IN THE MOTION OF CROSSING EACH OTHER CUT THE ELECTRO-MAGNETIC LINES OF FORCE EMANATING FROM THEM, ACTING LIKE A DYNAMO IN PRODUCING A MUSCULAR TONE EFFECT ON THE BODY. THIS DEMONSTRATES THE FACT OF THE INFERIOR PRODUCING AN EFFECT UPON THE SUPERIOR BY THE RETURN CURRENT FLOW.

CHART 53. CHECKING FOR THE TENSE LEG AND HIP WHICH IS USUALLY THE SHORT LEG AND RELEASING IT BY A TORQUE AND A RHYTHMIC MOVEMENT.

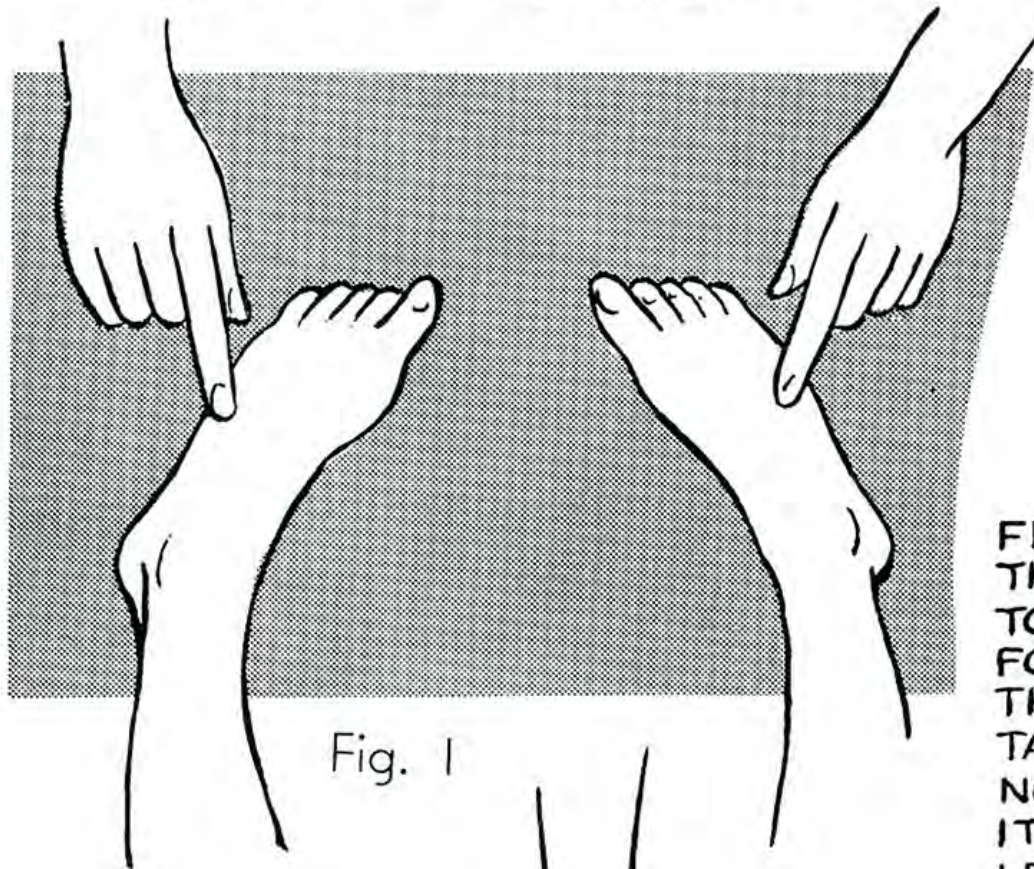


Fig. 1

FIG. 1 ILLUSTRATES THE TEST ON BOTH FEET. ONE RESISTS MORE AND DOES NOT GO FREELY TOWARDS THE MEDIAN LINE WHEN PUSHED GENTLY WITH A FINGER. SOMETIMES THE TEST HAS TO BE OUTWARD AS WELL, TO COMPARE TENSION AND RESISTANCE IN THE OPPOSITE DIRECTION WHEN PRESENT.

FIG. 2 PLACES THE FOOT AND LEG WITH THE GREATEST TENSION, IN A POSITION TOWARD THE MEDIAN LINE, BY LIFTING THE FOOT AWAY FROM THE OTHER AND ROTATING THE THIGH GENTLY TOWARD THE MIDDLE TO TAKE OUT ALL THE SLACK. NO FORCE IS USED. IT MERELY LAYS THE LEG IN THE RIGHT POSITION.



Fig. 2



Fig. 3

THE HAND FROM THE FOOT (FIG. 2) IS BROUGHT ON THE INSIDE OF THE THIGH AND HOLDS ROTATED POSITION.

FIG. 3 SHOWS THE LOWER HAND ON THE INSIDE OF THE THIGH AND THE OTHER HAND SPREAD OUT ON THE ABDOMEN WITH THE THUMB ABOVE THE SYMPHYSIS PUBIS ON THE ABDOMINAL MUSCLES TO CONTROL THE DIRECTION. NOW A LIGHT ROCKING MOTION IS STARTED IN WHICH THE PATIENT'S BODY ROCKS AS A WHOLE UNTIL THE TENSION OF THESE MUSCLES IS RELEASED. THERE IS NO THRUST, NO FORCE, AND NO PUSH.

SPASMS OF THE RIGHT ANTERIOR THIGH MUSCLES INDICATE LIVER DISTURBANCES. SPASMS OF THE LEFT ANTERIOR THIGH MUSCLES A STOMACH BLOCK.

CHART NO. 54. THE OS CALCIS BONE AS THE NEGATIVE REFLEX POLE FROM THE POSITIVE OCCIPUT AND THE NEUTER SACRUM AFFECTING THE POSTURE AND FUNCTIONS OF THE BODY. POSTERIOR VIEW OF LEG DISTORTIONS THROUGH THE FEET.

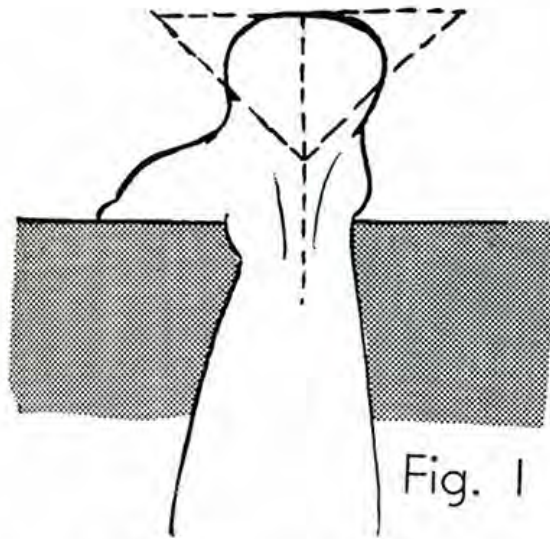


Fig. 1

NORMAL HEEL IN LINE WITH THE LEG, WHICH ALLOWS FREE ROTATION IN EITHER DIRECTION.

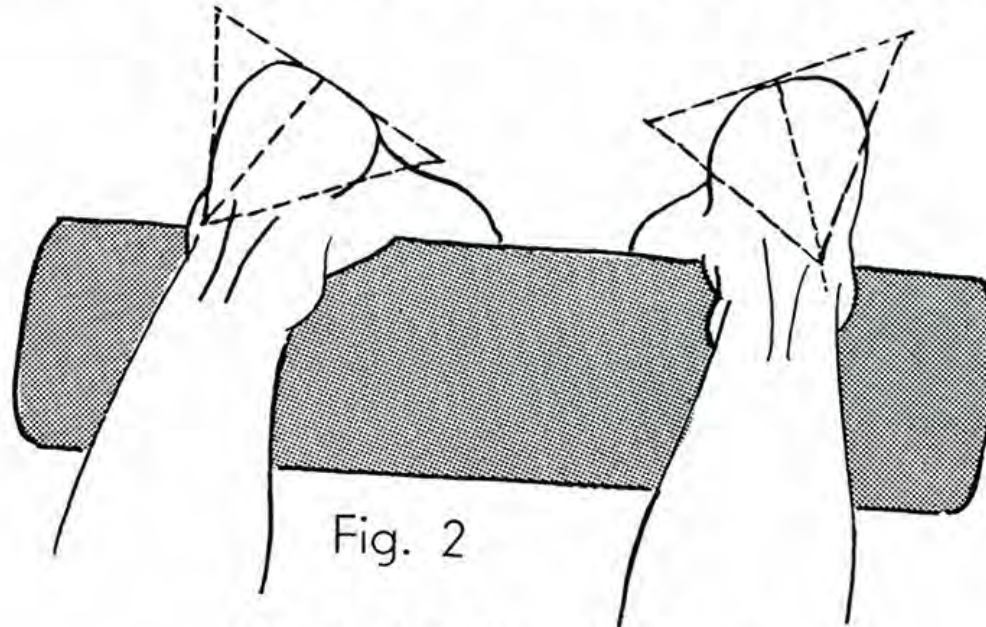
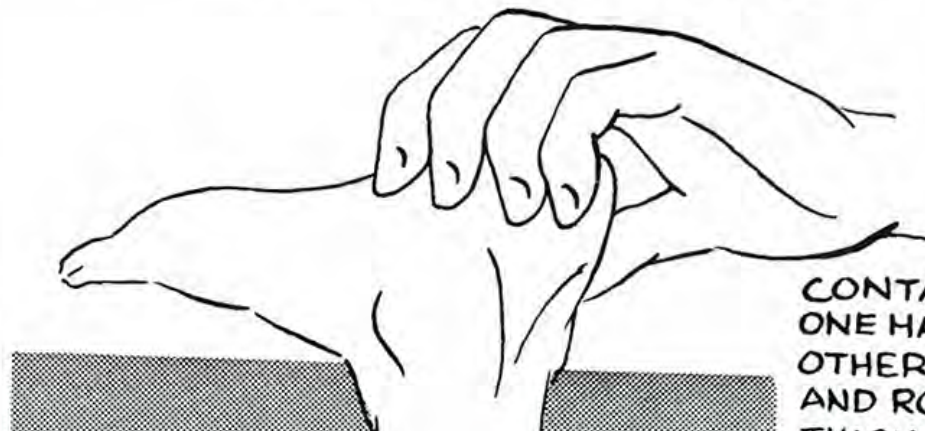


Fig. 2

BOTH HEELS OUT OF LINE, AND EASY TO BEND IN ONE DIRECTION ONLY



CONTACT HELD WITH ONE HAND WHILE THE OTHER HAND IS ROTATING AND ROCKING EITHER THE

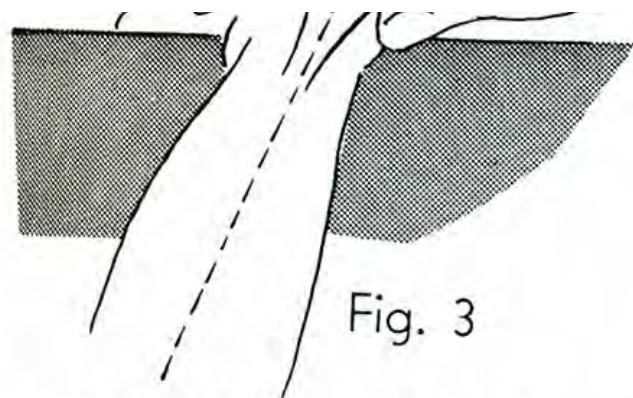


Fig. 3

CONTACT ON THE FOOT, AND THE THUMB ON THE MOST TENDER SPOT JUST ABOVE THE HEEL, FOR REFLEX ACTION, AND BRINGING IT IN LINE.

A COMPLETE FINGER CONTACT NEAR THE HEEL FOR REFLEX RELEASE, AND A CONTACT WITH THE THUMB ON THE DIAPHRAGM AREA, HOLDING BOTH FIRMLY FOR RELEASE OF TENSION IN THE FOREHEAD SINUSES OR DIFFICULT BREATHING.



Fig. 4

THIGH IN THE SAME DIRECTION FOR HIP RELEASE, OR IS APPLIED TO THE BACK OR THE NECK FOR REFLEX RELEASE BY JUST HOLDING BOTH CONTACTS.

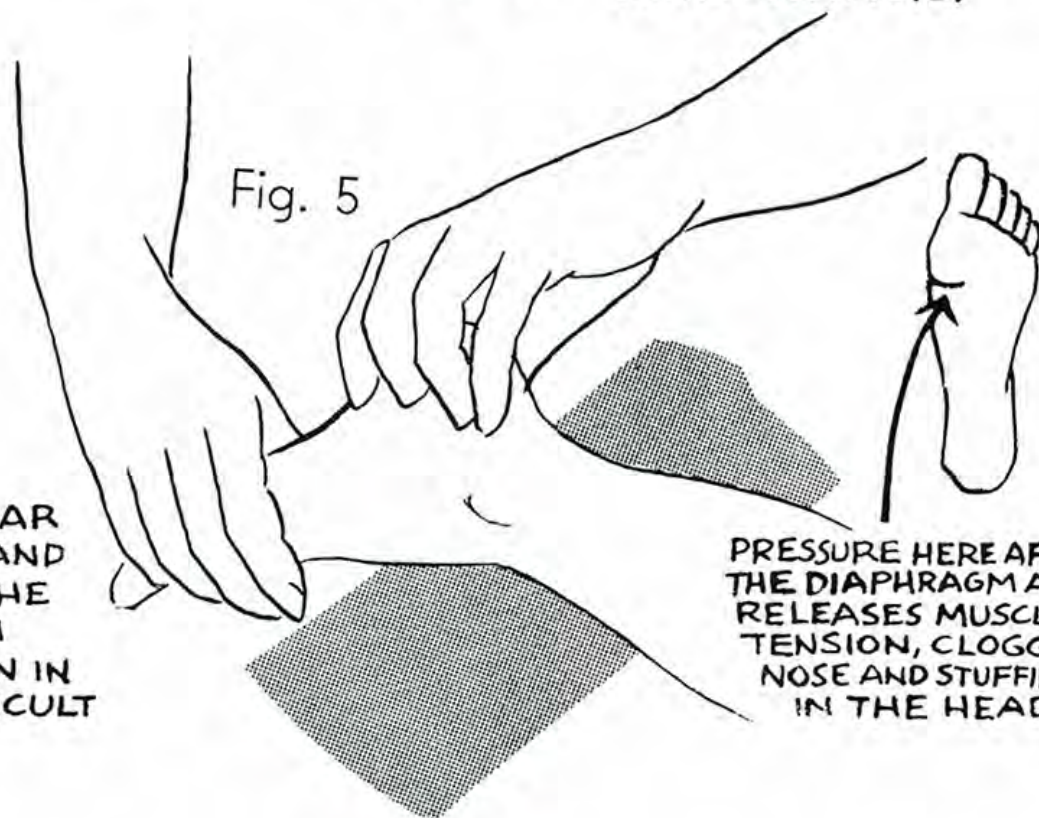
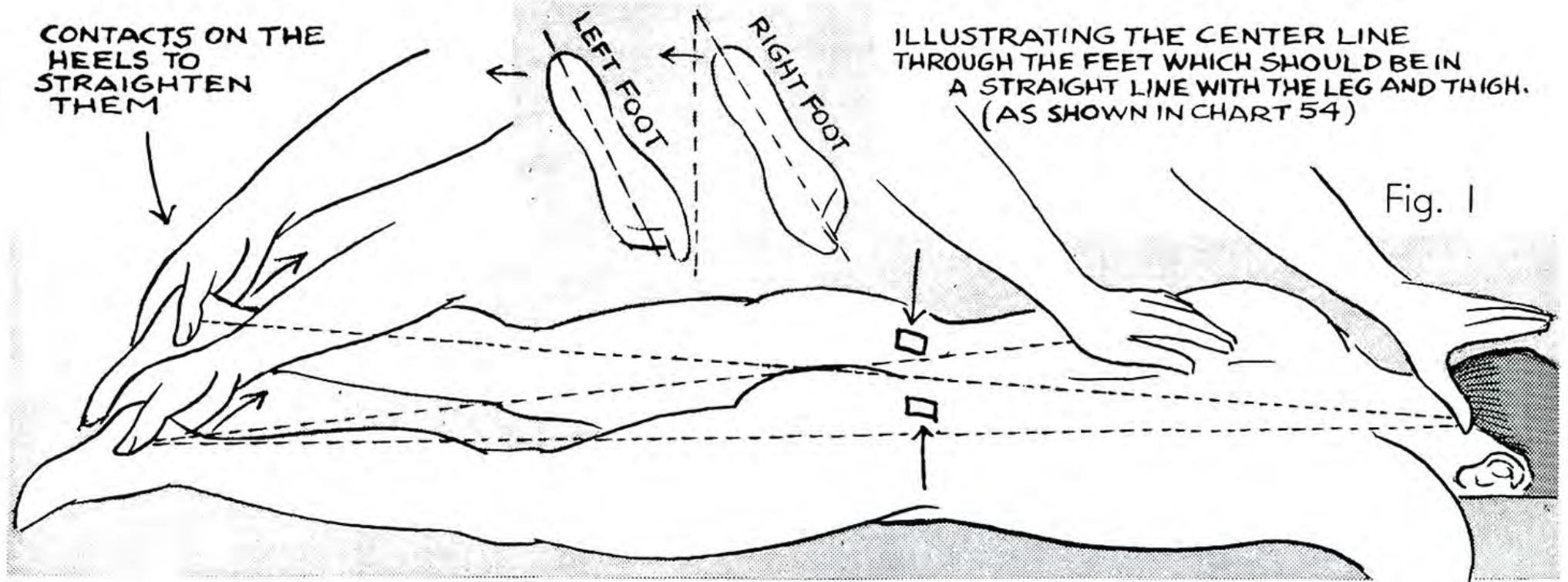


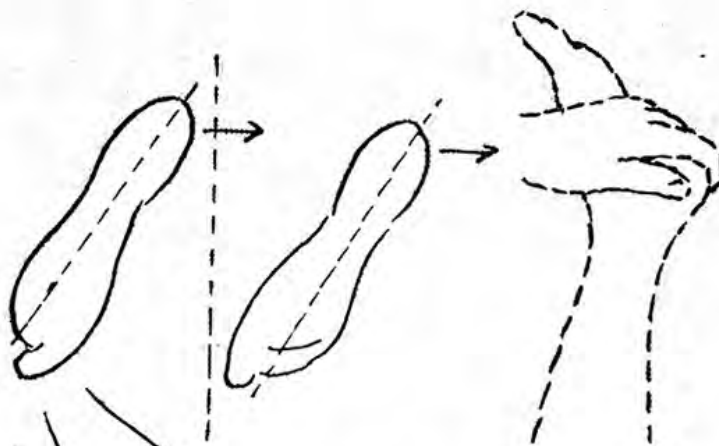
Fig. 5

PRESSURE HERE AFFECTS THE DIAPHRAGM AND RELEASES MUSCLE TENSION, CLOGGED NOSE AND STUFFINESS IN THE HEAD.

CHART NO. 55. ROTATION OF FEET AND THE CORRECTION OF THE OS CALCIS POSITION IN RELATION TO THE HIGH AND LOW SIDES OF THE HIPS, AND THE ENTIRE BACK.



ONE HAND ON ONE HEEL AND THE FOOT FOR LEVERAGE, AND ONE HAND ABOVE ON THE BACK, NECK, OR THIGH WITH A ROCKING MOTION. THIS AIMS TO RELEASE THE INFERIOR BLOCK AND TENSION, THROUGH THE CONTROL AREAS ABOVE, NAMELY THE SUPERIOR POSITIVE AND THE NEUTER POLE ON THE BACK. CORRECTION ABOVE IS APPLIED WHERE BLOCKS EXIST THRU OCCIPITAL CONTACT. THE LEG MAY BE FLEXED TO REACH THE OCCIPUT OR BACK, TO INHIBIT OR ROCK THE AREA. THIS CAN BE DONE ON EITHER SIDE ONE AT A TIME WITH EMPHASIS ON THE TENSE SHORT LEG SIDE.



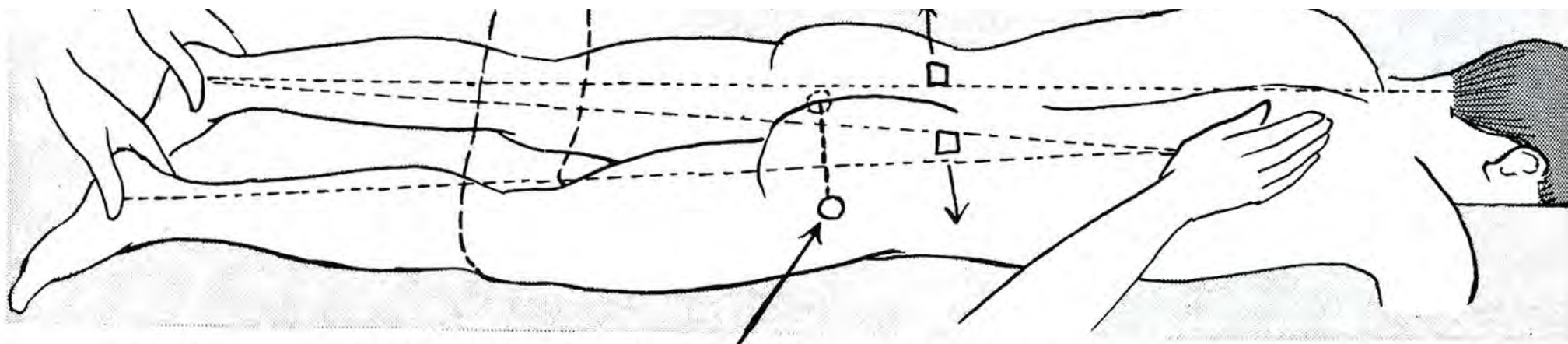
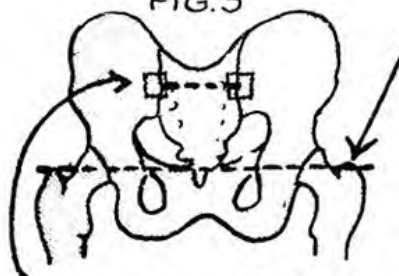


FIG.3



INDIVIDUAL NEUTER
BALANCE CENTER TO THE
GRAVITY MOTION CENTER.

GRAVITY CENTER OF MOTION

A STRAIGHT LINE DRAWN THRU THE CENTER OF EACH ACETABULUM GIVES THE WEIGHT BEARING GRAVITY CENTER OF MOTION IN THE BODY. ALL MOTOR IMPULSES OF THE BODY EXPRESSED AS PHYSICAL MOTION, REFLECT TO THIS CENTER LINE. THE BODY MUST MAINTAIN A BALANCE BETWEEN ITS FORCE OF MUSCULAR IMPULSES AND THE CENTER LINE. THE BODY MUST MAINTAIN A BALANCE BETWEEN ITS FORCE OF MUSCULAR IMPULSES AND THE CENTER OF GRAVITY MOMENTUM.

THIS IS A HIGH POINT IN THERAPY AND EASILY ACHIEVED BY THIS METHOD OF POLARIZING FIELDS AND FORCES.

THERE IS USUALLY A HEEL SORENESS AND A SEVERE OCCIPITAL TENSION FOUND ON THE SHORT LEG SIDE. SOME TIMES IT CROSSES OVER FROM ONE HEEL TO THE OPPOSITE OCCIPUT. RAISED PORTIONS OF THE BACK ALSO SHOW THE MUSCLE PULL THERE, WHICH IS RELEASED BY ROCKING AND HEEL LINEUP. THIS IS THE POLARITY WAY OF BALANCING BAD FEET BY LINING THEM UP WITH GRAVITY AND RELEASING MUSCULAR TENSIONS THRU THE ELECTRO MAGNETIC CIRCUITS OF THE BODY. IT ACCOMPLISHES MORE THAN MERE HEEL LIFTS AND ARCH SUPPORTS AIM AT.

CHART 56. CORRECTING BODY ROTATION THRU THE HIP JOINT ARTICULATION AND THE OS CALCIS POSITION AND REFLEX ON THE SIDE OF THE SHORT AND TENSE LEG.

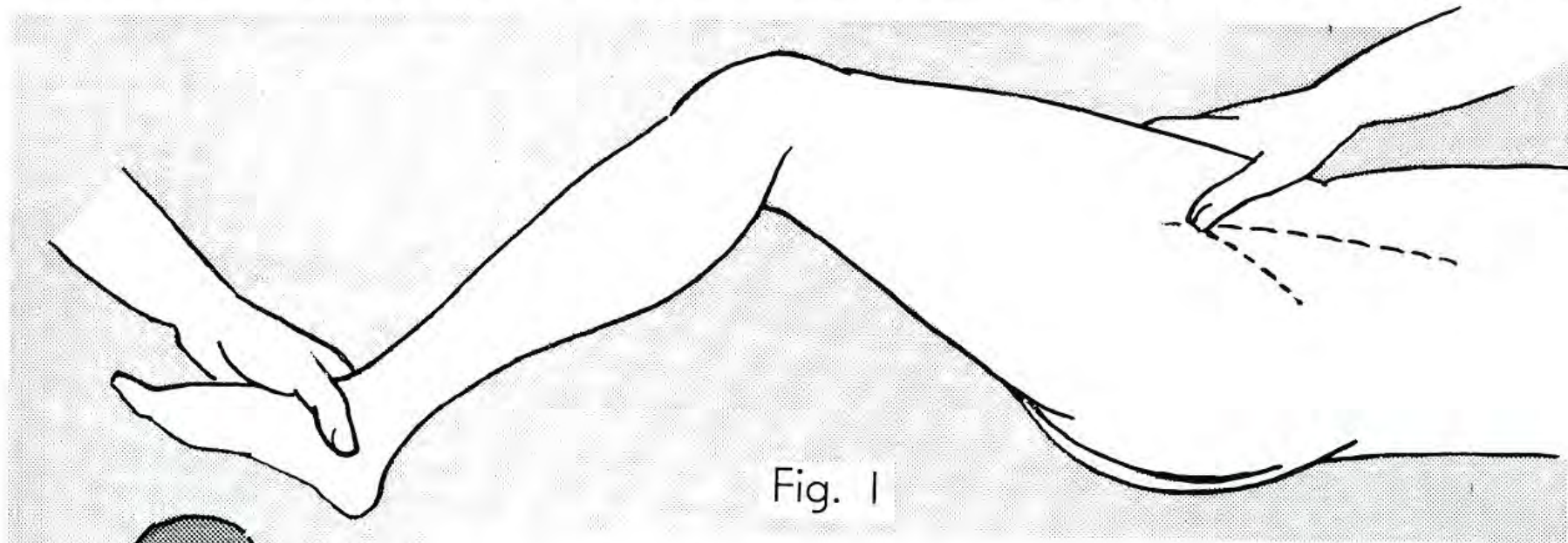
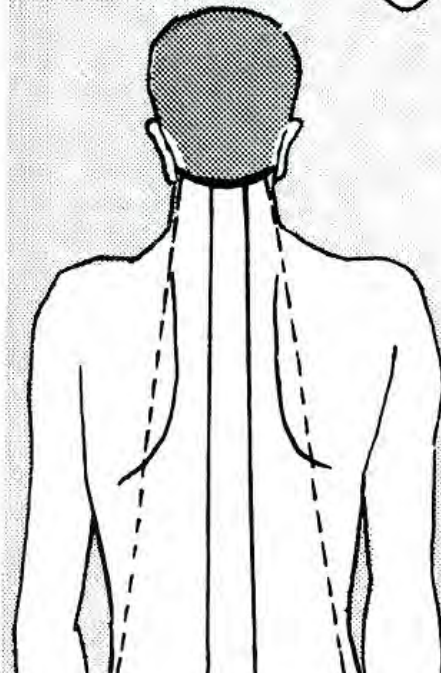


Fig. 1



THE LOWER CONTACT IS ON THE OS CALCIS AS SHOWN HERE WITH A FIRM CONTACT - BENDING THE FOOT OUTWARD WHILE THE THUMB PUSHES ON THE TENSE AND TENDER SPOT ON THE HEEL BONE TO RELEASE ITS FRICTION AND LINE IT UP WITH THE CENTER LINE OF THE LEG AS SHOWN ON CHART 54, FIG. 1+3. THE PATIENT LIES ON THE SIDE WITH THE SHORT LEG UP SO IT CAN BE TREATED.

THE UPPER CONTACT IS USUALLY FROM THE ANTERIOR AROUND THE HEAD OF THE FEMUR TO THE CREST OF THE ILLIUM WHERE THE GREATEST TENSION EXISTS. PRESSURE IS APPLIED ON TIGHT BANDS OF MUSCULATURE AND HELD FIRMLY UNTIL RELAXATION TAKES PLACE. IN THIS MANNER THE AREA AROUND THE ACETABULUM IS RELEASED OF SPASTIC FIBRES. THE DIRECTION OF THE CONTACT IS ACROSS THE TENSE FIBRES FOUND. THE HEEL BONE CONTACT IS HELD AT THE SAME TIME TO ESTABLISH COORDINATED CORRECTION AND ENERGY FLOW BY POLARITY. HOLDING THESE TWO CONTACTS FOR JUST A FEW MINUTES

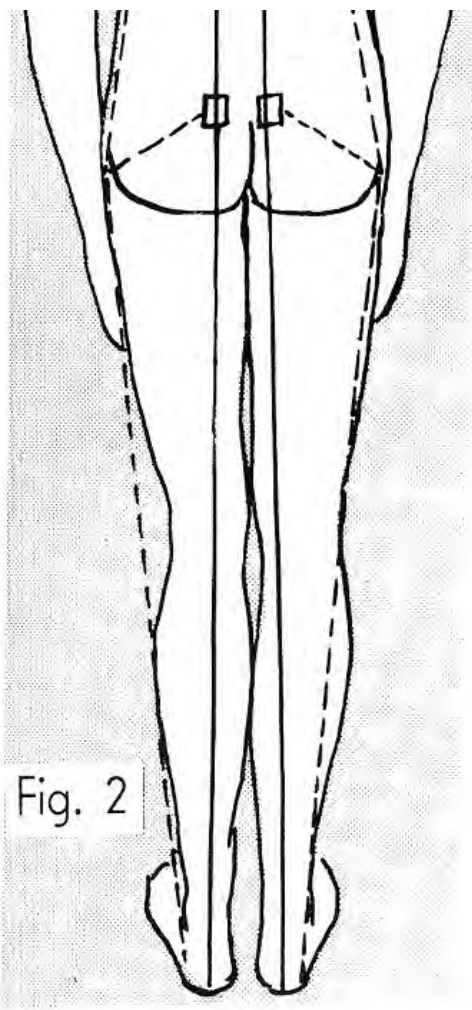


Fig. 2

WILL OFTEN PRODUCE ASTONISHING RESULTS. THE SHORT LEG WILL LENGTHEN AND THE BODY LINE UP ON THE GRAVITY STRING WILL BE NORMAL OR MUCH IMPROVED.

THIS CAN BE DONE ON EITHER SIDE OF THE BODY WHERE EVER THE SHORT LEG IS. THE POSITION OF THE PATIENT ON THE SIDE ASSISTS THE OPERATOR IN APPLYING LEVERAGE AT THE HEEL AND AT THE ACETABULUM TENSIONS FOUND. THIS UNIQUE MOVE OF DOUBLE CONTACTS CAN BE APPLIED TO OTHER BONES IN THE FOOT AND THE GLUTEI FIBRE TENSIONS. THERE IS AN ENERGY CURRENT FLOW ESTABLISHED IN THE PATIENT THRU THE RELEASE OF PENT UP WAVES IN THE HYPERTENSED AREAS. BETTER CONDUCTION IS ESTABLISHED THRU POLARITY CONTACTS.

FIG. 2 ILLUSTRATES GRAVITY PULL FROM THE HEEL BONE THRU THE SACRO ILIAC ARTICULATION TO THE OCCIPUT BY TWO STRAIGHT LINES. THE DOTTED LINES ILLUSTRATE ENERGY WAVES RADIATING FROM THE OCCIPUT PLUS MUSCLE PULL ON EACH SIDE OF BODY THRU THE HIP JOINTS, WHICH PRODUCE TONE AND CORRECT POSTURE OR DISTORTION OF THE BODY IN RELATION TO GRAVITY. THE EXTERNAL LINES OF POSTURE ARE FROM THE OCCIPUT THRU THE HIP JOINT TO THE HEEL ON EACH SIDE.

CHART 57. POLARITY CONTACTS ON RIB HEADS AND SPASTIC SHOULDER MUSCLES FROM POSTERIOR TO ANTERIOR TO CLEAR BLOCKS OF DIGESTION AND LIVER FUNCTION.

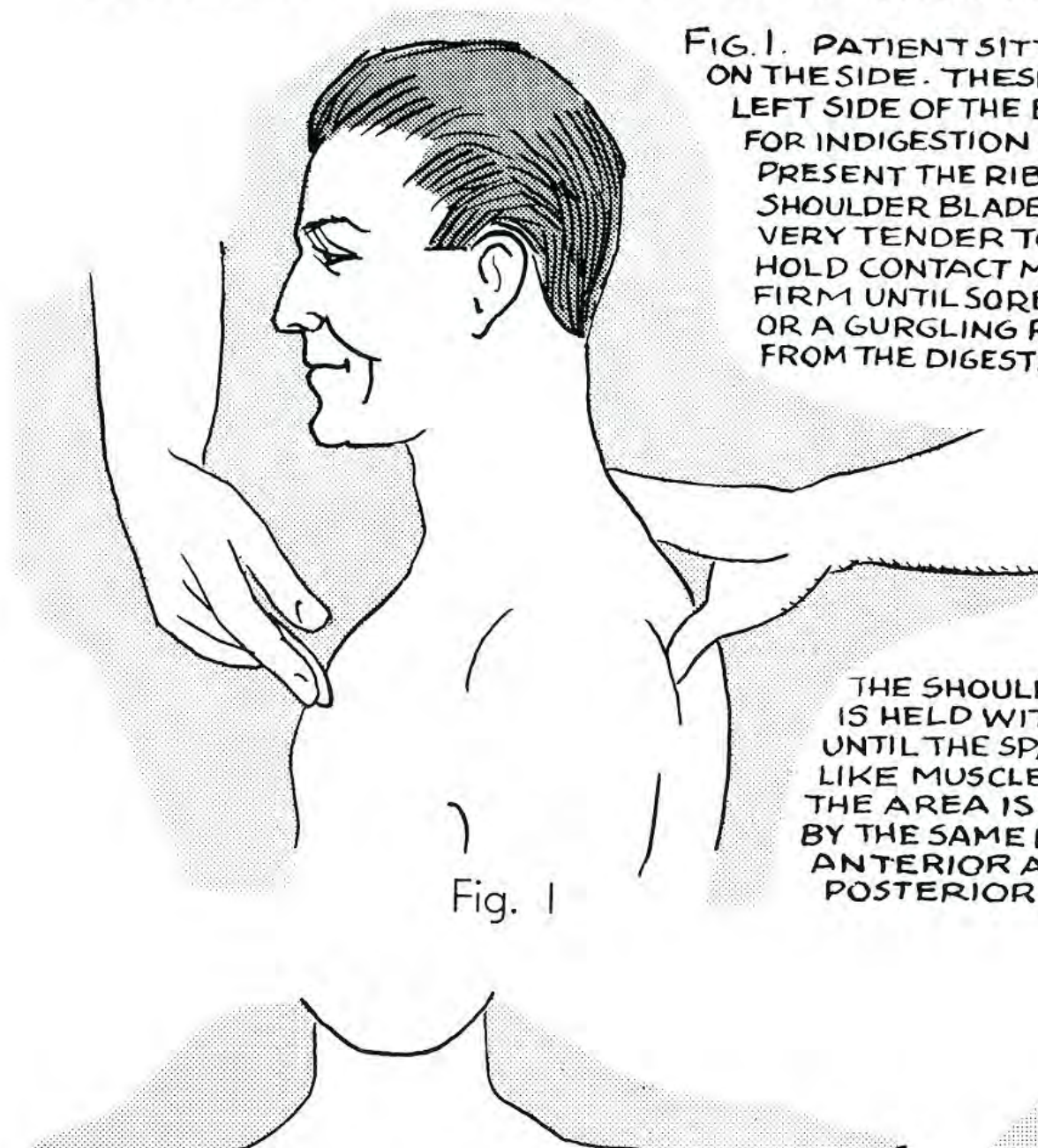


FIG. 1. PATIENT SITTING UP OR LYING ON THE SIDE. THESE CONTACTS ON THE LEFT SIDE OF THE BODY ARE MOSTLY FOR INDIGESTION AND GAS. WHEN PRESENT THE RIB HEADS AND SHOULDER BLADE MUSCLES ARE VERY TENDER TO THE TOUCH. HOLD CONTACT MODERATELY FIRM UNTIL SORENESS IS LESS OR A GURGLING RESPONSE FROM THE DIGESTION IS HEARD.

THE SHOULDER CONTACT IS HELD WITH PRESSURE UNTIL THE SPASTIC OR ROPE LIKE MUSCLES SOFTEN. THE AREA IS SUGGESTED BY THE SAME RIB HEADS ANTERIOR AND POSTERIOR.



POSITIVE CONTACT FINGER OF THE LEFT HAND FOR ANTERIOR CONTACTS.

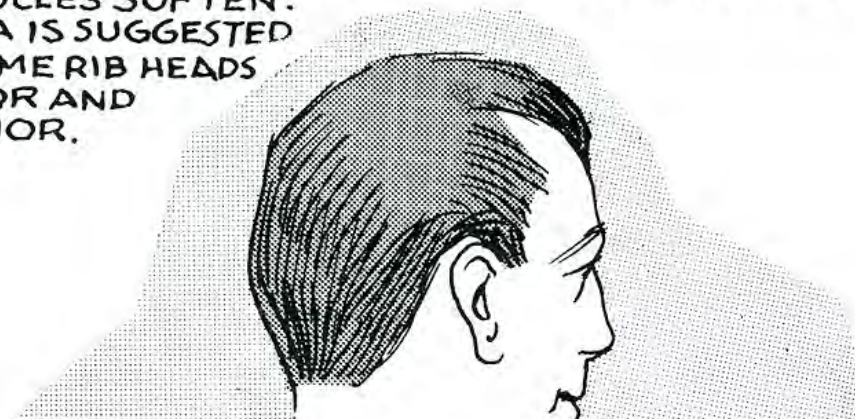


Fig. 3

O NEUTER
- NEGATIVE
+ POSITIVE

CONTACT ON
ANTERIOR RIB HEADS

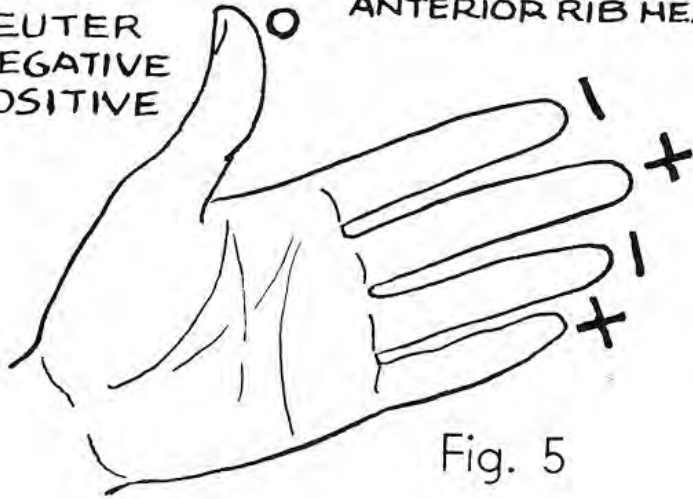


Fig. 5

ENERGY FLOW IS
PROMOTED BY POLARITY
CONTACTS FROM POSTERIOR
TO ANTERIOR.

Fig. 4

THUMB CONTACT ON
POSTERIOR RIB HEADS
AND POINTS OF THUMB
CONTACTS ON SPASTIC
MUSCLES ON THE
SHOULDER BLADE.

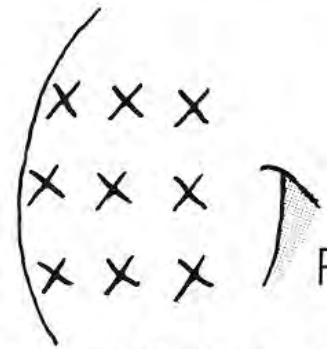
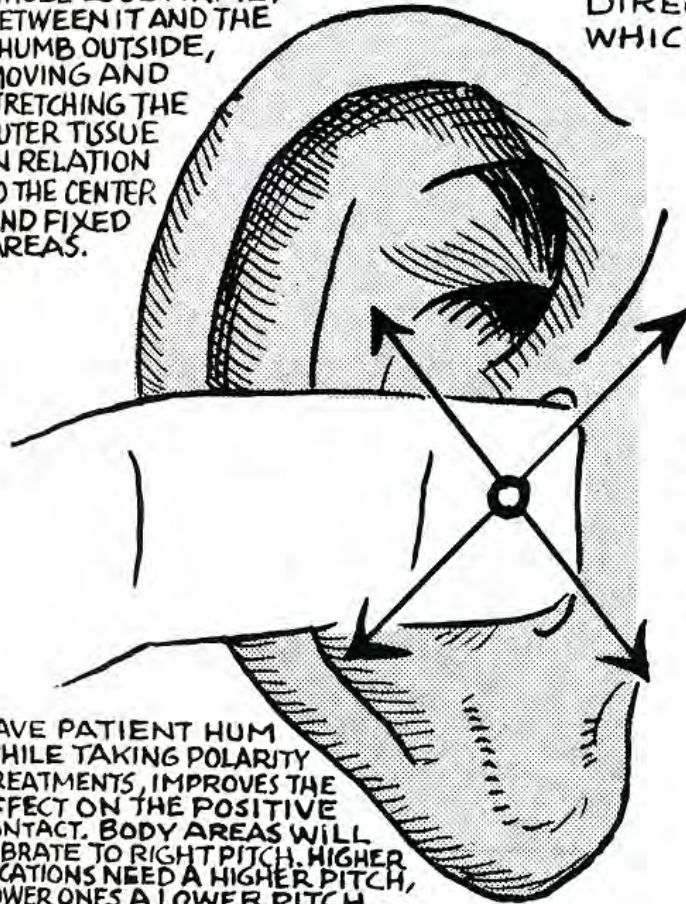


CHART NO.58. THE EAR CANALS AS THE SUPERIOR CENTERS OF GRAVITY IN THE HEAD, AROUND WHICH LOCAL CIRCUITS WHIRL.

TO INCREASE THE CENTRAL FUNCTION OF EAR, ONE FINGER CAN BE PLACED INTO THE EAR CANAL, GRASPING THE WHOLE LOBE FIRMLY BETWEEN IT AND THE THUMB OUTSIDE, MOVING AND STRETCHING THE OUTER TISSUE IN RELATION TO THE CENTER AND FIXED AREAS.



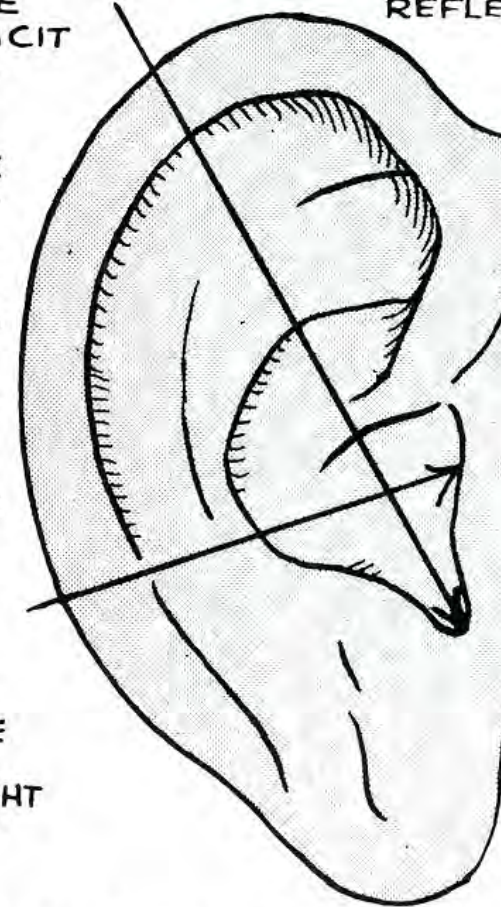
HAVE PATIENT HUM WHILE TAKING POLARITY TREATMENTS, IMPROVES THE EFFECT ON THE POSITIVE CONTACT. BODY AREAS WILL VIBRATE TO RIGHT PITCH. HIGHER LOCATIONS NEED A HIGHER PITCH, LOWER ONES A LOWER PITCH.

FIG.3 GIVES THE REPRESENTATIVE AREAS OF THE BODY ON THE EAR. REDNESS, DISCOLORATION IN ANY ONE AREA CAN BE A DIAGNOSTIC CLUE, LIKE A WHITE OR YELLOWISH DISCOLORATION.



FIG.1 SHOWS THE CENTER OF THE EAR CANAL WITH ITS FOUR MAJOR DIRECTIONS OF GENTLE FORCE WHICH MAY BE APPLIED TO ILLICIT REFLEXES IN THE BODY. THE EAR CANAL IS THE POSITIVE POLE OF THE CENTER OF GRAVITY IN THE BODY. NORMALLY IT IS CONTROLLED BY THE SEMI-CIRCULAR CANALS AND FLUIDS THRU THE SOUND MECHANISM OF VIBRATORY WHIRLS AND IMPACTS. REFLEXES FROM THE BODY ALSO AFFECT IT. THIS CENTER HAS THE SAME RELATING POSITION TO THE HEAD AS THE UMBILICUS HAS TO THE BODY IN RELATIONSHIP TO PARTS ABOVE AND BELOW IT. THE MOTOR CENTER IN THE BACK RESPONDING TO BOTH, IS BETWEEN THE 2ND AND 3RD LUMBAR VERTABRAE. IT IS A STRAIGHT LINE THRU THE SENSORY UMBILICAL CENTER TO THE POSTERIOR SPINAL CENTER WHICH IS THE PHYSICAL WEIGHT AND GRAVITY CENTER OF THE BODY.

FIG.2. GIVES TWO GENERAL LINES OF FORCE APPLIED TO THE ANTERIOR FOR SENSORY REFLEX RESPONSES.

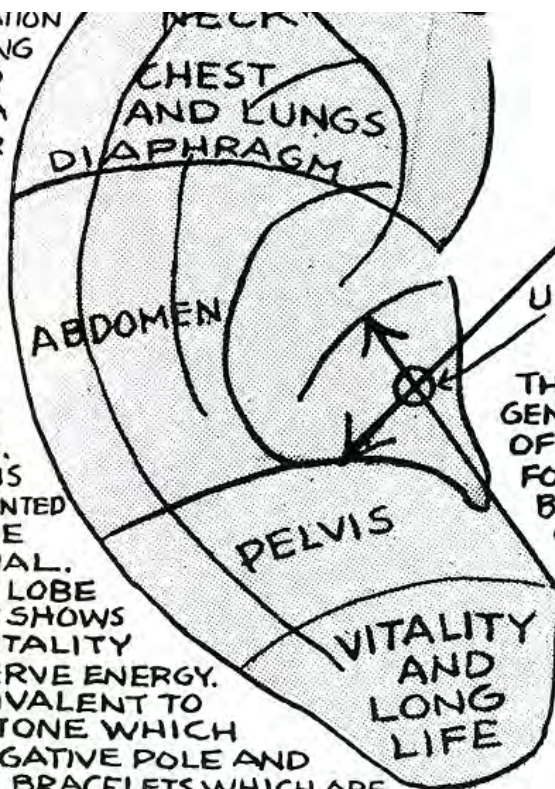


THE TREGAS OR SMALL LOBE CAN ALSO BE GRASPED FIRMLY, STRETCHED, AND ROTATED WITH EXTENSION RELEASING ENERGY BLOCKS FOR BETTER FUNCTION OF HEARING. THESE MOVES HAVE DEFINITE REFLEXES THRU SOUND WAVES ON THE CENTRAL CORE OF THE BODY'S ENERGY COLUMN.

FIG.4 SHOWS THE DOUBLE APPLICATION OF THE LITTLE FINGERS IN THE EARS TO CLEAR LOCAL REFLEXES AND TENDERNESS FOUND IN MOST EAR CANALS.

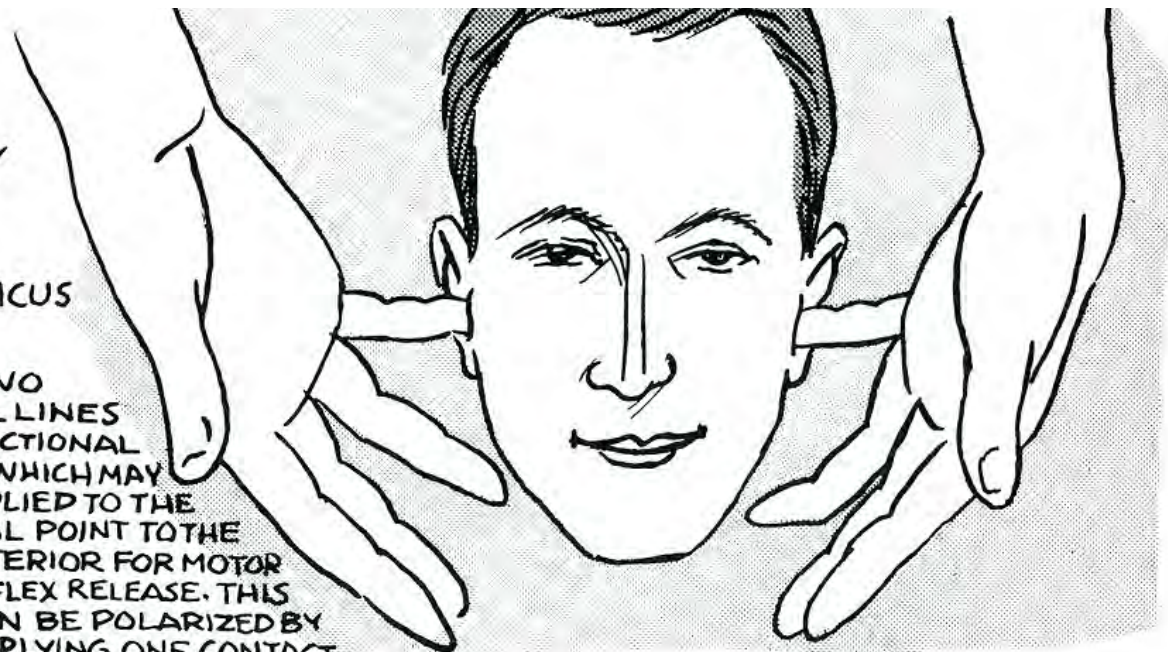


DISCOLORATION IN THIS LUNG AREA FOR PNEUMONIA AND OTHER LUNG DISEASES. THE ABDOMEN IS REPRESENTED IN THE MIDDLE AREA OF THE EAR. THE PELVIS IS REPRESENTED BELOW THE EAR CANAL. A LARGE LOBE BELOW IT SHOWS GREAT VITALITY AND RESERVE ENERGY. IT IS EQUIVALENT TO BUTTOX TONE WHICH IS THE NEGATIVE POLE AND THE WRIST BRACELETS WHICH ARE THE NEUTER POLE AND INDICATORS OF VITAL FORCE. A PERSON WHO HAS BOTH CAN GO THRU AN ILLNESS WITH MORE ENERGY AND REACT BETTER TO THERAPY THAN THOSE WHO DO NOT HAVE THAT INHERITED SHARE OF VITALITY. THIS SIMPLE OBSERVATION IS OF VALUE TO THE DOCTOR. EARLOBES, WRIST LINES, BUTTOX TONE, SPELL RESERVE ENERGY.



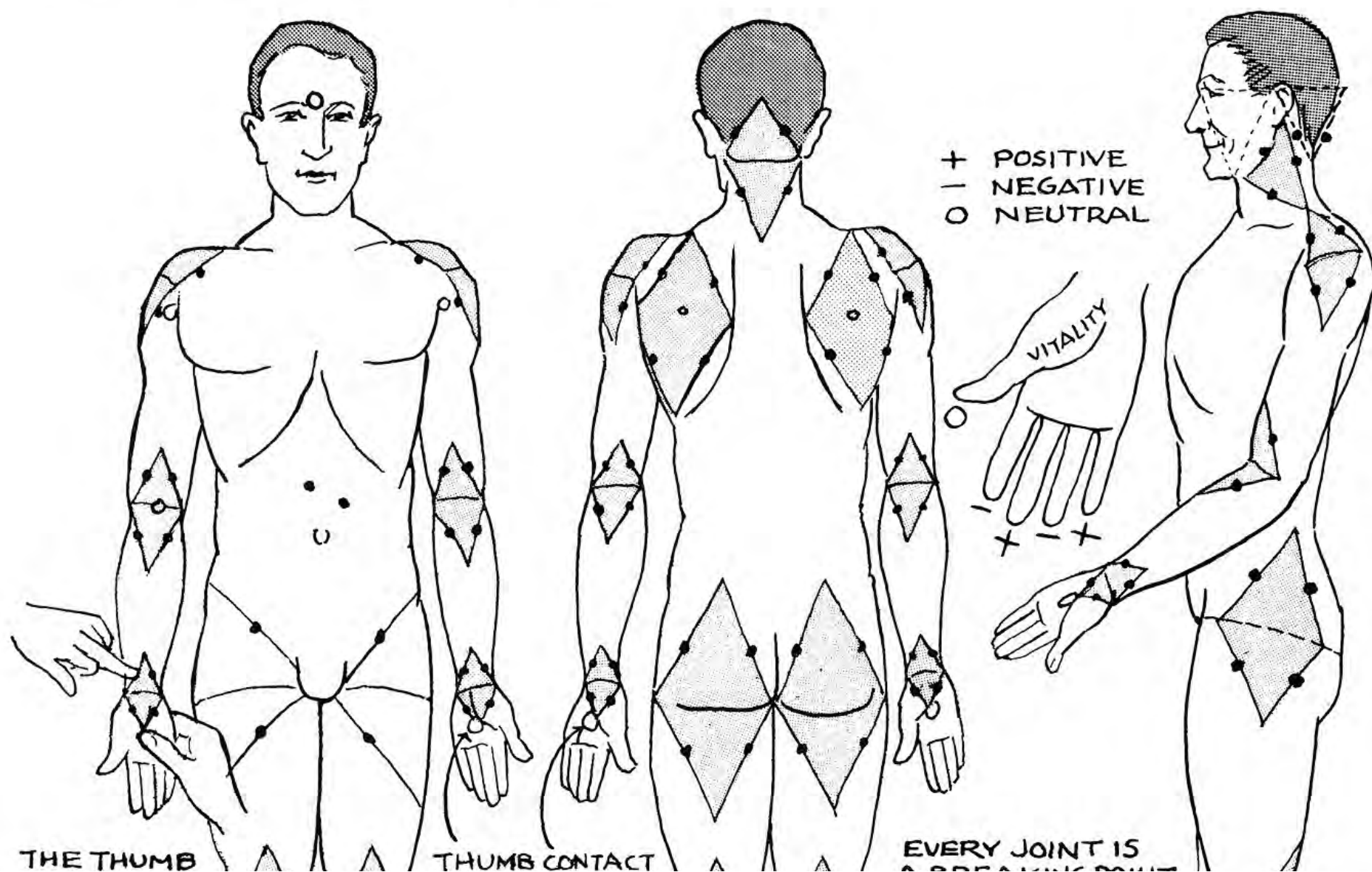
UMBILICUS

THE TWO GENERAL LINES OF DIRECTIONAL FORCE WHICH MAY BE APPLIED TO THE CANAL POINT TO THE POSTERIOR FOR MOTOR REFLEX RELEASE. THIS CAN BE POLARIZED BY APPLYING ONE CONTACT ON ANY ANTERIOR PART OF THE BODY WITH A POSITIVE FINGER.

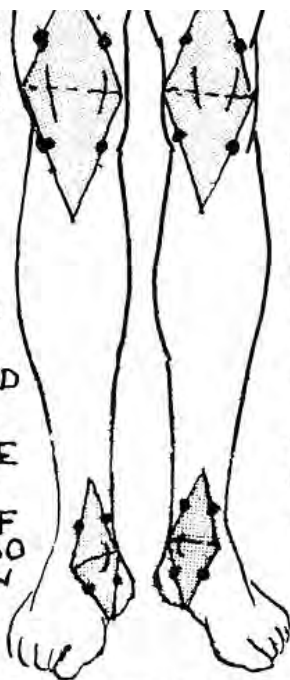


GURGLING SOUNDS MAY BE HEARD AS ABDOMINAL REFLEXES RESPOND FROM THIS AREA. IT IS A VALUABLE AID TO RELAXATION TO CLEAR THE POSITIVE SOUND AREA WHIRLS AND FIELDS. SEE CHART NO. 8. CRANIAL BONE CORRECTIONS HAVE THEIR KEY CENTER HERE THRU THE SPHENOID BONE. TEST FOR DIRECTIONS BY THE REACTIONS IN ANY OF THE FOUR MAJOR LINES OF FORCE SHOWN HERE.

CHART NO.59. PRINCIPLES OF LOCAL WIRELESS CURRENT FLOW IN THE BODY AND HOW IT CAN BE INFLUENCED BY POLARITY CONTACTS TO FLOW FROM THE CIRCUMFERENCE TO THE CENTER.

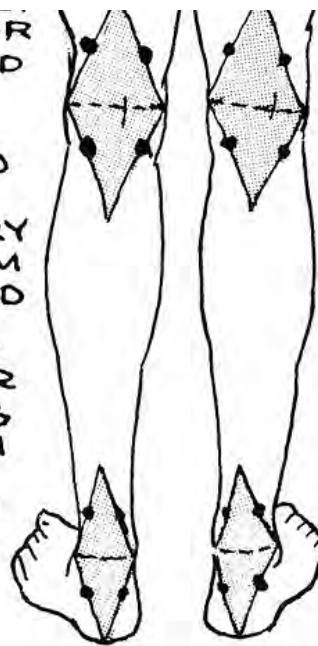


OF THE RIGHT HAND CONTACTS THE CENTER IN THE PALM OF THE HAND OR IN THE SOLE OF THE FOOT. THE POSITIVE MIDDLE FINGER OF THE LEFT HAND IS PLACED ABOVE IT ON A TRIANGLE LINE HELD FIRMLY FOR ONE HALF A MINUTE OR SO UNTIL POLARITY FLOW IS ESTABLISHED.



FROM NEUTER POLE UPWARD

THE EFFORT TO START THE RETURN SENSORY CURRENT FROM WITHOUT INWARD FROM JOINT TO JOINT TO THE CENTER BY CLEARING BLOCKS FROM STATION TO STATION ON THE WAY.



A BREAKING POINT OR A CROSSOVER OF A CERTAIN TYPE OF ENERGY FLOW SUPPLYING THIS FIELD AND FUNCTION. ON THE TRIANGLES ABOVE AND BELOW THE LINE OF FLEXION ARE FOUND RESPONSIVE MANIPULATIVE CONTACT POINTS MARKED AS DOTS.



THEN THE THUMB MOVES UPWARD TO THE PLACE WHERE THE FINGER WAS AND THAT CONTACT MOVES UPWARD TO THE NEXT TRIANGLE NEARER THE CENTER ON ARMS OR LEGS. EACH IS TREATED SEPARATELY WHEREVER BLOCKS EXIST; AS SPASMS OR AS PARALYSIS. THE THUMB IS A POWERFUL NEUTER POLE; THE MIDDLE AND THE LITTLE FINGERS ARE WARMING AND RELAXING AS POSITIVE ACTIONS. THE FIRST AND THE RING FINGER ARE COOLING AND TONIC FOR FLACID TISSUE AS NEGATIVE POLES.

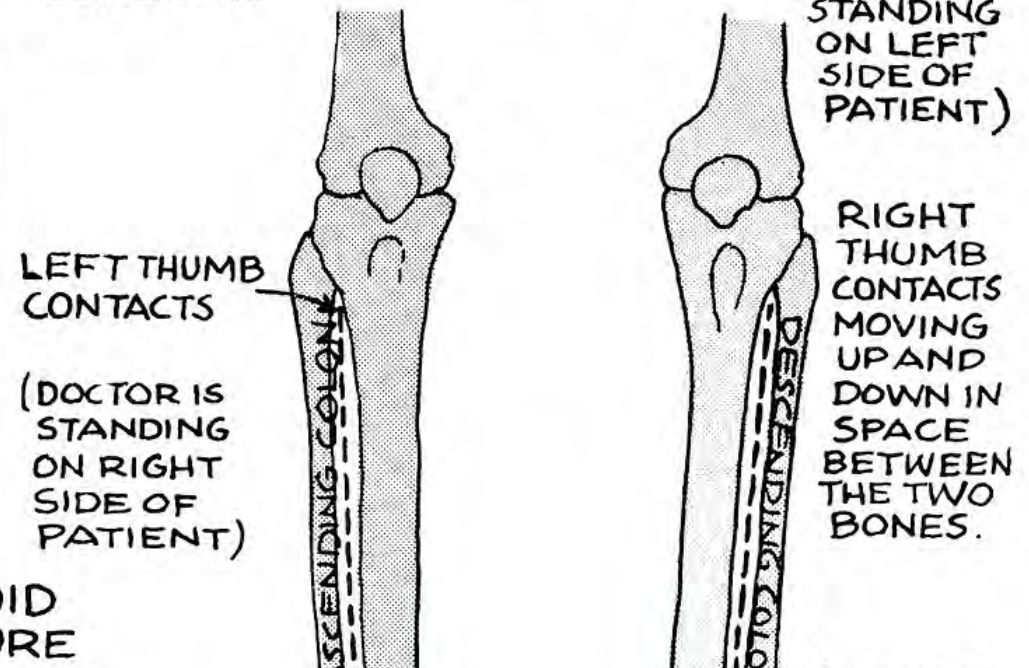
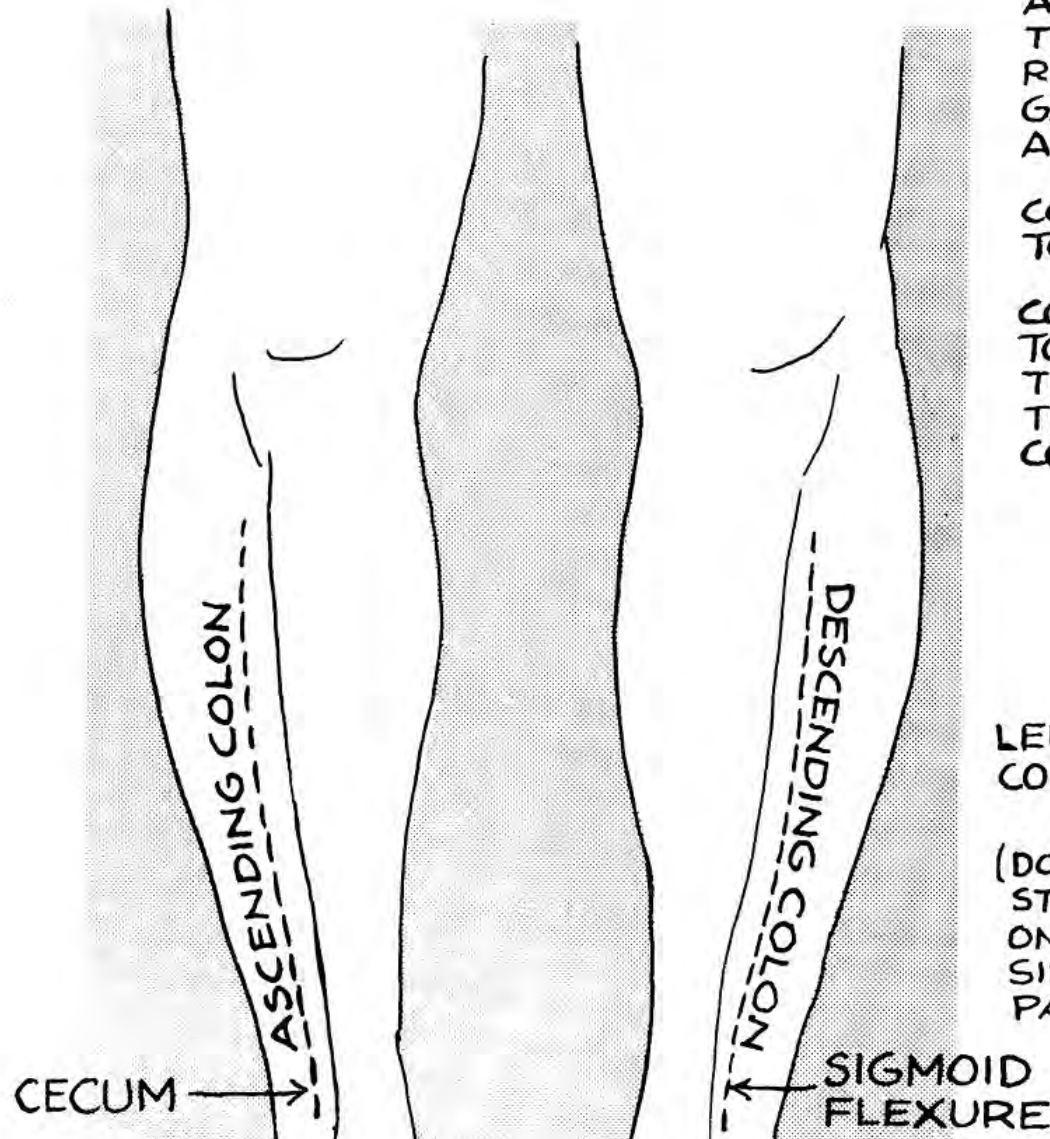
THUMB CONTACT FROM THE NEGATIVE POLE UPWARD.

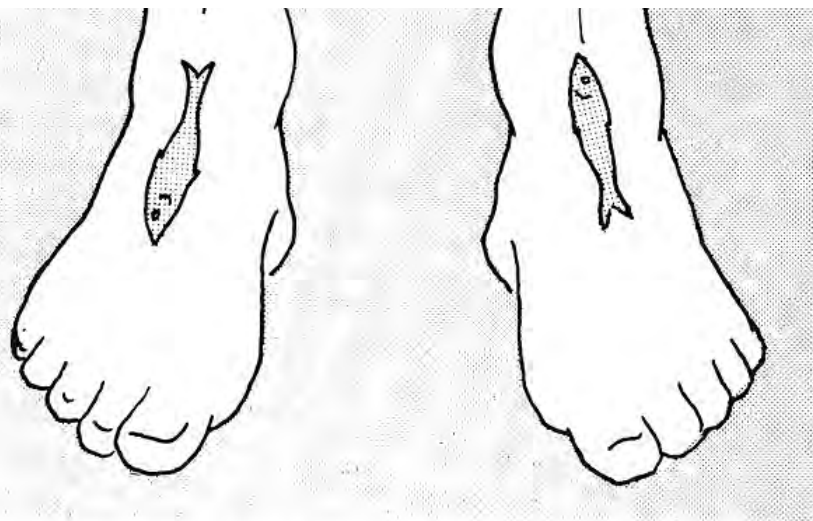
CHART NO.60. THE NEGATIVE REFLEXES OF THE COLON FOUND IN THE LEGS BETWEEN THE TIBIA AND THE FIBULA.

THE NEGATIVE POLE OF THE COLON IS IN THE LEGS AS ILLUSTRATED. ACHING LEGS AND KNEE JOINT PAINS ESPECIALLY ALONG THE OUTSIDE OF THE SHIN BONES ARE COLONIC REFLEXES OF IRRITATION, STAGNATION AND GAS PRESSURE. THEY CAN CAUSE HEADACHES AND HEART SYMPTOMS.

CONTACT 1. FROM THE ARCH OF THE FOOT TO THE COLON REFLEX AREA ON THE LEG.

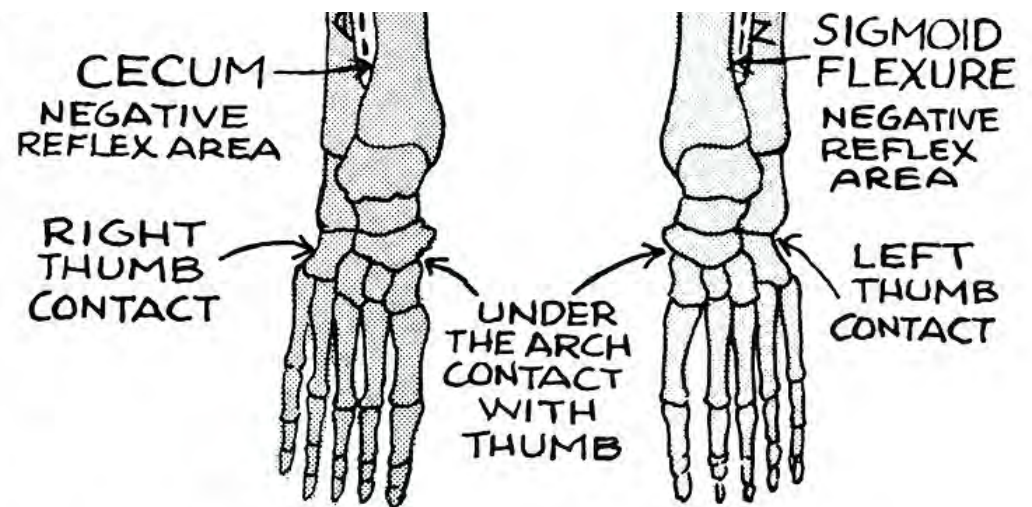
CONTACT 2. FROM THE OUTSIDE OF THE FOOT TO THE COLON REFLEX AREA BETWEEN THE TIBULA AND FIBULA, ALSO STRAIGHTENING THE FOOT BY HOLDING THE CONTACTS.





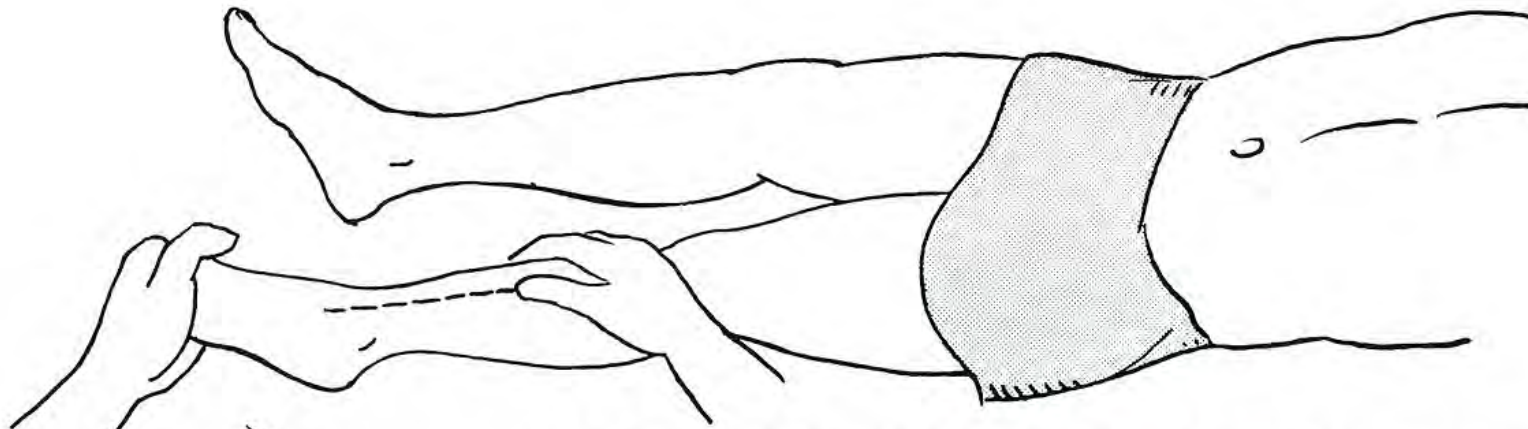
MANIPULATIVE MOVEMENTS IN THE DIRECTION OF THE ENERGY FLOW ARE SOOTHING. MOVEMENTS OPPOSITE TO IT ARE STIMULATING IN EFFECT.

ON THE RIGHT LEG ANTERIOR THE ENERGY FLOWS TOWARD THE FOOT ON THE LEFT LEG ANTERIOR - AWAY FROM THE FOOT AND UPWARD. FISHES SHOW ENERGY FLOW ANTERIORLY.



CONTACT 3. CONTACT ON THE SAME COLON AREA ON THE LEG MAY BE HELD ANYWHERE ON THE DOTTED LINE AND ANOTHER CONTACT ON THE COLON ITSELF CAN BE MADE TO BALANCE THE NEUTER POLE ABOVE WITH THE NEGATIVE BLOCKS BELOW TO ELIMINATE THEM. THE OBJECT IS POLARITY OF CURRENT FLOW NOT MASSAGING. ALL CONTACT SHOULD BE MADE WITH THE SAME ATTENTION AS STRIKING KEYS ON THE PIANO OR TYPEWRITER.

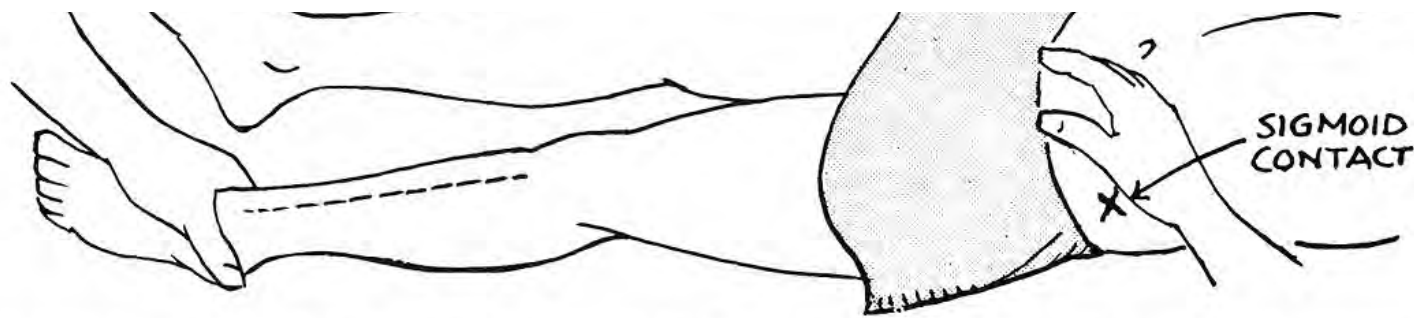
CHART NO. 61. CO-ORDINATED POLARITY STIMULATION OF THE AIRY REFLEX CENTERS IN THE ARCHES OF THE FEET WITH THE COLON AND ITS REFLEX CENTERS IN THE LEGS.



PATIENT IS ON THE TABLE. THE DOCTOR STANDS ON THE LEFT SIDE WITH HIS LEFT HAND OVER THE TOES OF LEFT FOOT, THE FINGERS SUPPORTING THE JOINTS UNDER THE ARCH OF THE FOOT. THE CONTACT BENDS THE TOES DOWN FIRMLY LIFTING AND STRETCHING THE ARCH. THE TENSION IS HELD FOR A MOMENT, THEN IS RELAXED AND THE MOVEMENT REPEATED SEVERAL TIMES. THIS STIMULATES THE BRACHIAL RESPIRATORY POSITIVE CENTER BY REFLEX ACTION. THE SAME CAN BE DONE ON THE RIGHT WITH THE OPPOSITE HAND ON THESE AREAS. THE RIGHT HAND IS OVER THE LEFT LEG WITH THE THUMB PRESSING ON THE DENSE AND CONTRACTED TISSUE BLOCKS IN THE COLON REFLEX AREA BETWEEN THE TIBIA AND FIBULA. COORDINATED ACTION IN THESE TWO AREAS SEND THEIR REFLEXES TO THEIR RESPECTIVE POSITIVE AND NEUTER AIRY

CENTERS ABOVE FOR BETTER INTAKE OF OXYGEN AND ELIMINATION OF



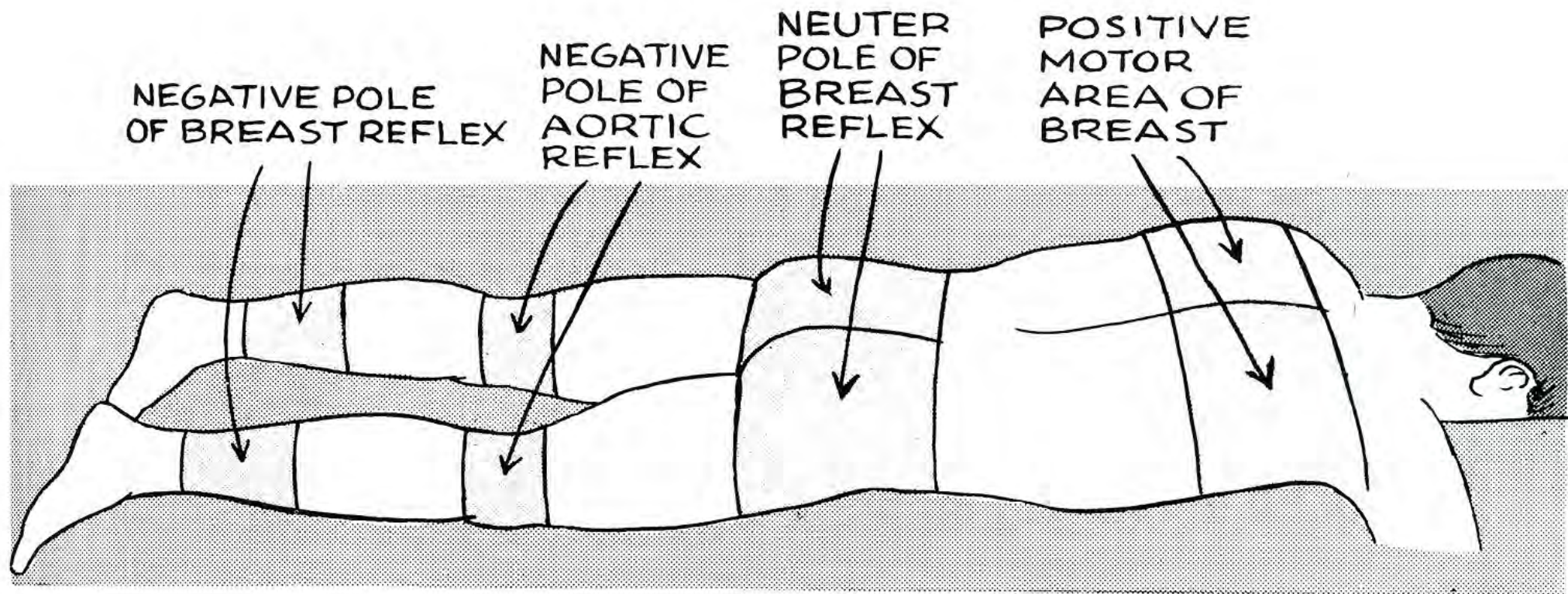


CO₂; ALSO RELEAS-
ING GASES FROM
THE STAGNANT
NEUTER COLON.

THE DOCTOR STANDS ON THE LEFT SIDE OF THE PATIENT AND HIS LEFT HAND IS OVER THE MIDDLE OF THE ARCH OF THE LEFT FOOT AND THE THUMB MAKES A FIRM CONTACT BELOW THE LEFT ANKLE ON THE OUTSIDE OVER THE REFLEX AREA OF THE SIGMOID AND THE PSOAS MUSCLE. SEE CHART 17, PAGE 24, BOOK 2. THE FOOT IS ROTATED OUTWARD AND HELD WHILE THE RIGHT HAND THUMB AND FINGERS CONTACT THE AREA OVER THE SIGMOID OR PSOAS MUSCLE ON THE ABDOMEN. THIS CAN BE USED ON EITHER SIDE FOR THE RELEASE POLARITY CURRENT REFLEXES. THIS ARCH CONTACT CAN ALSO BE USED IN CONNECTION WITH WORKING THE COLON REFLEXES BETWEEN THE TIBIA AND FIBULA. AS THE DOCTOR STANDS ON EITHER SIDE OF THE PATIENT THESE CONTACTS BECOME THE NATURAL POSITION FOR THE HANDS WITHOUT CROSSING THEM OVER EACH OTHER.

FOR PROSTATIC AND UTERINE TREATMENTS THE LEFT CONTACT GOES A LITTLE LOWER ON THE HEAL WITH THE RIGHT HAND OVER THE MUSCLES OF THE SYMPHYSIS PUBIS.

CHART NO. 62. NEGATIVE AND NEUTER REFLEX AREAS IN THE BODY FOR THE TREATMENT OF LUMPS IN THE BREASTS, ALSO AORTIC REFLEXES IN THE LEGS.



THE BREASTS ARE SECRETORY GLANDS ON THE ANTERIOR SUPERIOR PORTION OF THE BODY. THE MAMMAE HAVE A DIRECT REFLEX TO THE UTERUS IN THE FEMALE AND TO THE PROSTATE IN THE MALE VIA THE FINER CENTRAL CORE WIRELESS ENERGY CURRENTS OF THE CADUCEUS. THE NEUTER SENSORY REFLEX OF THIS WATERY

THE BREASTS ARE NOT TREATED DIRECTLY. THE CALVES OF THE LEGS WILL ACT AS A DIVERSION TREATMENT WHEN HEAT OR COUNTER-IRRITANTS ARE APPLIED. BLISTERING IN THIS AREA GIVES EXCELLENT REACTIONS BECAUSE IT IS IN THE NEGATIVE FIELD WHERE THE REAL CLOGGING EXISTS IN THE ENERGY FIELD AND IN THE TISSUES

TRIAD IS IN THE PELVIS ANTERIORLY AND IN THE BUTTOX POSTERIORLY AS A MOTOR VITAL REFLEX. CONGESTIONS, LUMPS AND VERY SENSITIVE SPOTS IN THE BUTTOX HAVE A RELATIONSHIP TO THE BREAST AND ITS STAGNANT AREAS. THE MOST NEGATIVE POLE IS ON THE BACK OF EACH LEG AS MARKED HERE, WHICH GIVE DIRECT REFLEXES TO THE BREAST AND THE NIPPLES. THESE AREAS ARE USUALLY VERY TENDER ON THE LEGS. WORKING ON THE LEG AREA WITH ONE HAND AND ON THE BUTTOX OR BRACHIAL AREA WITH THE OTHER, POLARIZES THE ACTION IN THESE TWO FIELDS. WHEN THE SHOULDER AREA IS INCLUDED AND AND THE REFLEXES BALANCED WITH THE NEGATIVE AND NEUTER POLES, THE BREASTS FUNCTION BETTER BY THE WIRELESS CURRENT FLOW. WITH THE PATIENT ON THE SIDE, A GENTLE ROCKING MOTION IS THE PROCEDURE ON EITHER TWO AREAS AT ONCE. OR WITH THE PATIENT LYING FACE DOWN, A GENTLE ROCKING MOTION HEADWARD IS APPLIED BY ANY TWO CONTACTS.

CONTACTS IN THE ENERGY FIELD AND IN THE TISSUES.

THE BACK OF THE KNEES ARE REFLEXES OF THE ABDOMINAL AORTA. OFTEN WE FIND AN ENLARGEMENT THERE OF THE TIBIAL ARTERY WHICH THROBS. ON THE LEFT LEG IT INDICATES BACK PRESSURE IN THE ABDOMINAL AORTA AND HEART DAMAGE. THE THROMBOSIS IS CAUSING SUFFICIENT PRESSURE TO DILATE THE ARTERY HERE LIKE A BULB. IT SHOULD BE SUPPORTED BY AN ELASTIC BANDAGE, AND THE RESISTANCE AREA POLARIZED. IT IS USUALLY BELOW THE DILATION WHERE THE THROMBOSIS IS ACTIVE IN ARTERIAL OBSTRUCTION. ABOVE THE DILATION OR ULCER IN VENOUS OBSTRUCTION LEECHES APPLIED TO RELIEVE THIS BLOCK BELOW THE ARTERIAL DILATION IS THE ONLY LOGICAL PROCEDURE. THIS HAS TO BE REPEATED SEVERAL TIMES BECAUSE ARTERIES ARE LOCATED DEEPER AND DRAINAGE THROUGH THE CAPILLARIES MUST BE RELIED UPON. THE KING OF ENGLAND HAD AN ARTERIAL THROMBOSIS. THE NEUTER POLE AREA AROUND THE UMBILICUS SHOULD BE FREED.

CHART NO. 63. THE IDEAL POSTURE AND ROCKING
BALANCE STRETCH FOR THE RELEASE OF THE DOWNWARD
AIRY CURRENTS OF ENERGY IN THE BODY WHICH GOVERN
ALL EXPELLING FUNCTIONS OF GASES, LIQUIDS AND SOLIDS.
FREES THE BACK PRESSURE FROM THE HEART.



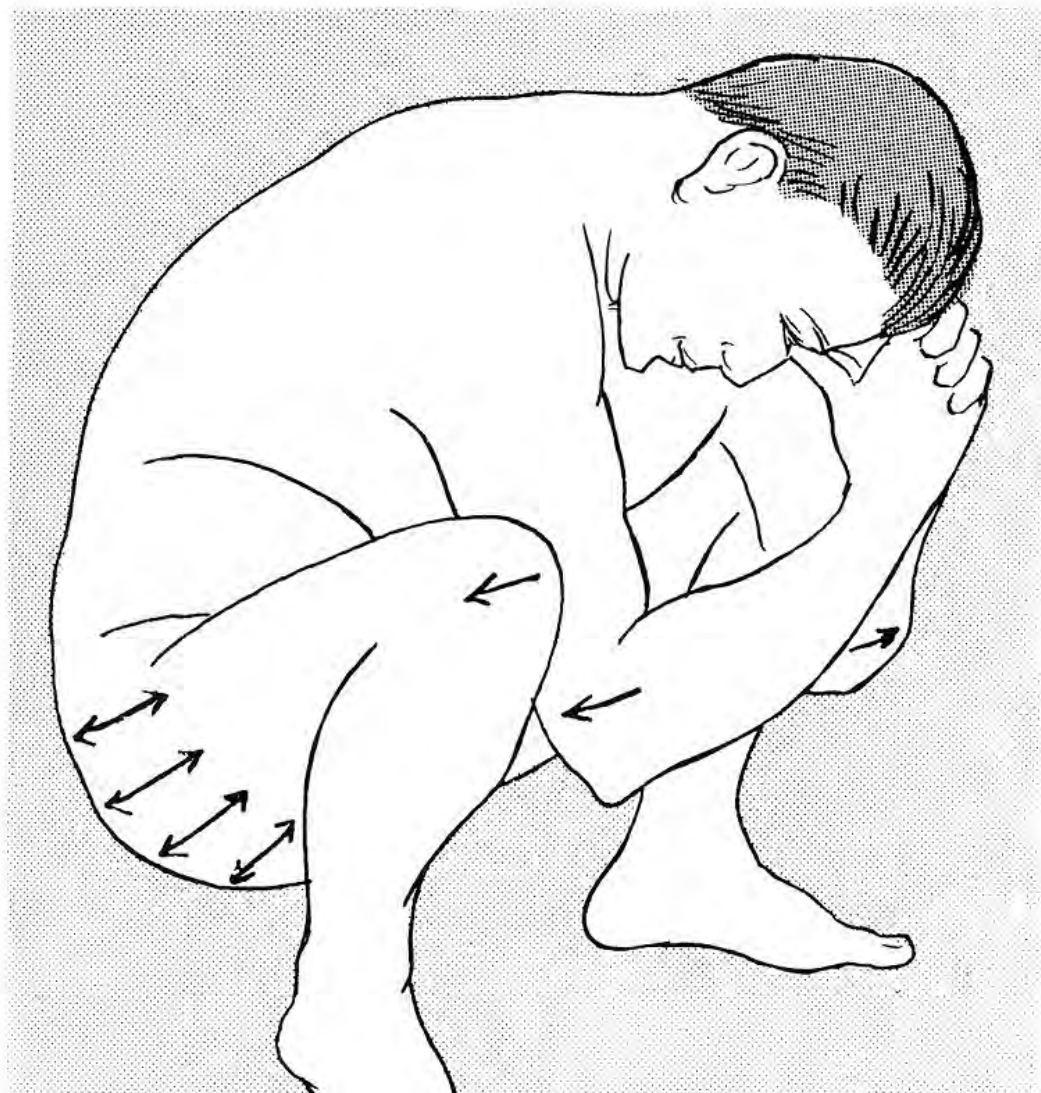
THIS POSTURE IS THE FINAL STAGE
OF MANY GENTLE EFFORTS OF
SQUATTING WHICH STRETCHES
THE MUSCLES BY DEGREES AND
NOT BY FORCE. FOR THIS POSITION
THE FEET ARE FAIRLY CLOSE
TOGETHER TO OBTAIN MORE
SUPPORT ON THE COLON FROM
THE THIGHS, FOR THE FINAL
STRETCH WITH THE BREATH
FROM THE INSIDE. THE DOWNWARD
FORCE - CALLED APANA - IN THE
EAST IS ACTIVATED BY THIS POSTURE.
GRAVITY ASSISTS THE ELIMINATION
OF LIQUIDS AND SOLIDS. THREE
AIRY FIELDS IN THE BODY ARE ACTED
UPON AT ONCE IN THIS FINAL STAGE,
WHICH MAKES THE DOWNWARD
CURRENTS OF ENERGY MOVE BY
REL'ASING THE MOST NEGATIVE
AREA BLOCKS FIRST IN THE
CALVES OF THE LEGS. THE NEUTER
POLE OF THIS AIRY PRINCIPLE IS
IN THE COLON, WHICH BECOMES A
STORAGE FOR GASES, PRESSED BY
THE THIGHS, AND THE ARM PULL
INWARD ON THE KNEES. THE
POSITIVE POLE IS THE CHEST,
AS THE INTAKE. THE BRACHIAL

THE OBJECT IS THE RELEASE OF BLOCKS IN THE TISSUES BY MOTION WHILE THESE FIELDS ARE IN PROXIMITY UNDER A POLARITY ACTION AS WELL AS A MUSCULAR PULL. TONE AND FREEDOM IN THE PELVIS IS THE OBJECTIVE. THIS VITALITY RELEASE IN THE MOST VITAL FIELD IN THE BODY AIDS HEALTH. THE POSTURE IS EASIER WITH SHOES ON AT FIRST. TRY BAREFOOTED LATER AS IT GIVES MORE STRETCH. CLOTHING MUST BE FREE. ONLY PRACTICE CONQUERS AND ACCOMPLISHES. THREE MINUTES SEVERAL TIMES A DAY GIVES GOOD RESULTS.

WHEN A PERSON FEELS TIRED, RESTLESS AND CANNOT RELAX TO GO TO SLEEP OR FEELS INDISPOSED IN ANY WAY IT MEANS THAT THE ENERGY CURRENTS OF THE BODY ARE NOT OPERATING AS THEY SHOULD. THERE IS INTERFERENCE DIFFICULT TO INTERPRET. WE FEEL WEARY. TAKING THE POSTURES FOR JUST A FEW MINUTES EACH, WILL START THE CURRENT FLOW AND WILL MAKE RESTING A REAL PLEASURE. FEET SHOULD BE FLAT ON THE FLOOR.

PLEXUS IS THE GOVERNOR. THE ARM PULL MUST STRETCH THE AREA BETWEEN THE SHOULDERS SO IT IS FELT. THEN A DEEP BREATH CAN BE USED TO STRETCH ALL THE SPINAL MUSCLES FROM WITHIN AGAINST THE HEAD, PULL FORWARD, ON ALL THESE TISSUES. THE RESPONSE WILL BE FELT AT ONCE, EVEN VERTEBRAE WILL ADJUST THEMSELVES NATURALLY AS BY AN INNER LIFT. GASES WILL ROLL, AND LIQUIDS AND SOLIDS FOLLOW THE AIR BLOCK RELEASE. VITAL FORCES ARE FREED TO MOVE AS THE FIVE VITAL WINDS IN THE BODY. A ROCKING MOTION IS NOW ADDED FORWARD AND BACKWARD AND FROM SIDE TO SIDE AS WELL AS A TURNING ROTATION IF POSSIBLE.

CHART NO. 64. A POSTURE STRETCH FOR YOUTHFUL ELASTICITY THROUGH THE RELEASE OF VITAL FORCE AND BLOCKED ENERGY CIRCUITS IN THE HEAVY PELVIC MUSCLES, FREEING THE HIP JOINTS BY GENTLE STRETCHING THROUGH ROCKING MOTIONS.



THIS POSTURE IS STARTED WITH THE FEET FARTHER APART THAN THE POSTURE DESCRIBED IN CHART NO. 63. JUST COMFORTABLE TO ACCOMPLISH A STRETCH AND MOTION ON OPPOSITE MUSCLES AND TISSUES. THE PERSON EASES INTO THIS POSTURE SLOWLY AND GRADUALLY, WITHOUT FORCE, KEEPING THE HEELS ON THE FLOOR. THE ARMS ARE PLACED ON THE INSIDE OF KNEES, THE HANDS ARE CLASPED, PUSHING THE KNEES APART GENTLY AND COMFORTABLY UNTIL THE STRETCH IS FELT IN THE THIGHS AND THE HIPS. THE THUMBS SUPPORT THE HEAD WHICH IS BENT FORWARD. NOW A GENTLE ROCKING MOTION IS STARTED FOR BALANCE OF FORCES AND THEIR RELEASE IN MOTION. FORWARD, BACKWARD, FROM SIDE TO SIDE AND ROTATION IF CONVENIENT. TWO OR THREE MINUTES SEVERAL TIMES A DAY ARE SUFFICIENT FOR FINE RESULTS. THE HIP JOINTS WILL BE FREED AND THE SACRO-ILIAC ARTICULATIONS AND THE LUMBAR VERTABRAE WILL BENEFIT BY THIS POLARITY NORMALIZING MOVEMENT. DEEP TENSION, SPASMS, AND TISSUE STAGNATIONS WILL DISAPPEAR. THE ELASTICITY OF THE STEP WILL COME BACK AS WELL AS THE DISASTURE



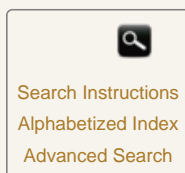
THIS POSTURE FREES ENERGY IN THE PELVIS WHICH CAN BE USED BY CONTACTS OF THE HANDS AND THUMBS ON THE POSITIVE POLE OF THE HEAD FOR THE RELEASE OF REFLEX ACTIONS ALMOST ANYWHERE IN THE BODY IN SELF TREATMENT. THE TWO THUMBS ON THE BRIDGE OF THE NOSE, AND HAND TOUCHING THE FOREHEAD AFFECTS THE CENTRAL AREA OF THE BODY. A ROCKING MOTION ACTIVATES ALL THESE CONTACTS. THE HANDS CAN BE PLACED ON TENDER SPOTS ON OPPOSITE SIDES OF THE HEAD, IN FRONT AND BACK DIAGONALLY OPPOSED AND HELD WHILE ROCKING AND STRETCHING IN ALL DIRECTIONS FOR RELEASE. IT CAN ALSO BE USED FOR HEAD MOULDING IN THIS MANNER. FINGERS CAN BE LOCKED OVER THE TOP OF THE HEAD TO MOULD THE PARIETALS. IT IS POLARITY REACTION WHICH IS THE ACTIVE FACTOR IN ALL THESE RESPONSES. THE AREA UNDER THE LOWER JAW GIVES DEFINITE PELVIC RESPONSES, FOR TONING OR RELEASE OF TENSION. USING THE LEFT THUMB OR THE FIRST AND RING FINGERS FOR TONING CONTACTS, THE RIGHT THUMB AND SECOND OR THE LITTLE FINGER POSITIVE RELEASE THE ROOF OF THE MOUTH GIVES A RANGE OF REFLEXES THAT ARE ASTONISHING. ONE THUMB FITS PERFECTLY ON IT WHILE IN THIS POSTURE. THE RIGHT THUMB WILL OPEN THE SINUSES INSTANTLY AND HELP DRAINAGE IN COLD ETC. STOMACH REFLEXES CAN BE ELICITED AT ONCE, IF YOU REACH BACK FAR ENOUGH. THE TONGUE ALSO HOLDS A HOST OF REFLEX RESPONSES TO CONTACTS. A FEW SECONDS ON THE RIGHT REFLEX DOES WONDERS.

WHILE WALKING, BENEFITS WILL BE FELT BY YOUNG AND OLD ALIKE. DAILY PRACTICE DOES IT. WASTED AND FLABBY TISSUES WILL BE TONED AND TAKE ON A NORMAL APPEARANCE. THE SAGGING BUTTOX WHICH IS THE SIGN OF VITAL EXHAUSTION WILL BECOME NORMAL AGAIN, THROUGH PERSISTENCE OF PRACTICE, AIDED BY QUICK COLD SHOWERS OVER THE BUTTOX AND HIPS. FOR THE SHORT TIME AND EFFORT SPENT IN THIS VITAL POSTURE, VITAL EFFECTS WILL BE NOTICED BY EACH PERSON, YOUNG OR OLD. SYMPTOMS AND PAINS WILL CHANGE WHEN LIFE CURRENTS FLOW AGAIN. THE FLUSH IN THE CHEEKS WILL BE FELT IN THE POSTURES. THE SPARKLE IN THE EYES CAN FOLLOW IF CONTINUED. A YOUTHFUL LIFE AT 65 IS POSSIBLE THROUGH POLARITY ENERGY CURRENTS FLOWING IN THEIR FIELDS AGAIN.



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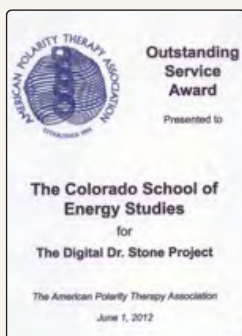
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Chart No. 1

[See [Book 3, Chart 1](#)]

In the writings of Aristotle and in the Hindu texts of the Charaka [Caraka] and the Susruta [Sushruta], the heart was considered the central organ and the seat of consciousness. This was based upon the fact that the heart center with its twelve petals or branches of psychosomatic importance in connection with the two sympathetic chains and their ganglions was found to be the center of egoistic sentiments of affection and attachment, of fear, hate, doubt, remorse, pride and conceit.

But in the Tantric writings (as in Galen^[1]) the seat of consciousness is placed in the brain or rather in the cerebrospinal system. The soul which is the primal center of consciousness in the body, has its special seat above the foramen of Monro [interventricular foramen] and the middle commissure [interthalamic adhesion, massa intermedia, gray commissure], but traverses the whole cerebrospinal axis - up and down - along the central canal of the spinal cord called the Shushumna [Sushumna].

In this chart the Shushumna [Sushumna] is illustrated by the heavy line in the very center of the upright spinal column and cord. It terminates as a microfilm of potential energy in the seed power mechanism in man. All living things which bear seed after their kind have this power of perpetuating themselves. With few exceptions, vegetation usually bears its fruit and seed upward.

The central line in this chart brings out the thought of the emanation or projection of energy from above downward and outward. Hence, we have the old Hermetic axiom, "As above, so below. As within, so without."^[2] In modern language, the good author James Allen^[3] said, "As a man thinketh so is he." This, in brief, illustrates Nature's arrangement of the flow of finer forces. The end of the involutionary cycle is wrapped up in the seed power as "the foundation of the deep" from where it can start other cycles of manifestation.

In this symbolism is wrapped up the mystery of how the one energy can become many beings and lives. The one in the many and the many in the one are wrapped up in the manifestation of the seed power as One in All -- the secret of the heights in the depths of being, and the deep reflecting itself in the heights.

The deep calls unto the deep in this mysterious power of creativeness in all things. The descending energy is a vibratory Sound Current in its positive primal action. The reflecting energy is a radiant Light Current in all things. In this manner "The Light from above shineth into the darkness and the darkness comprehendeth it not."^[4]

The deepest psycho-physiology is explained in the Bible, but mankind has not understood. Modern science finds its depth in the details of matter, like the atom; only these end findings of matter are never assembled into a complete whole again. Man's mind and thinking process is caught in the circumference of the manifestation of endless varieties of particles. The comprehension of a return current, back to its Source, is lacking.

Although man knows that the sensory currents all flow back to the center from where the energy emanated, he does not follow that path in the over-all picture of Life in the individual or in the cosmos. He is still caught in the motor-current cycle of the centrifugal force. The grand middle path of the

neuter [neutral] energy core as a unifying principle and the way back home to the Source, has eluded the mind of man. The Light shines but it is not reflected upwards; only matter seems to have the light of interest and attraction for man. The vibratory activity of the Song of Life is in the heart and center of all things but it is not heard by mortal man. Even Job said, "And the Pleiades sang together."^[5] In the great and in the small, "Life is a song". Man would be so

¹ Aelius Galenus, Claudius Galenus or Galen of Pergamon (AD 129-180), a Roman physician, surgeon and philosopher who greatly advanced the early understandings of anatomy, physiology, neurology, pathology and pharmacology.

² Described in [The Emerald Tablet of Hermes Trismegistus](#).

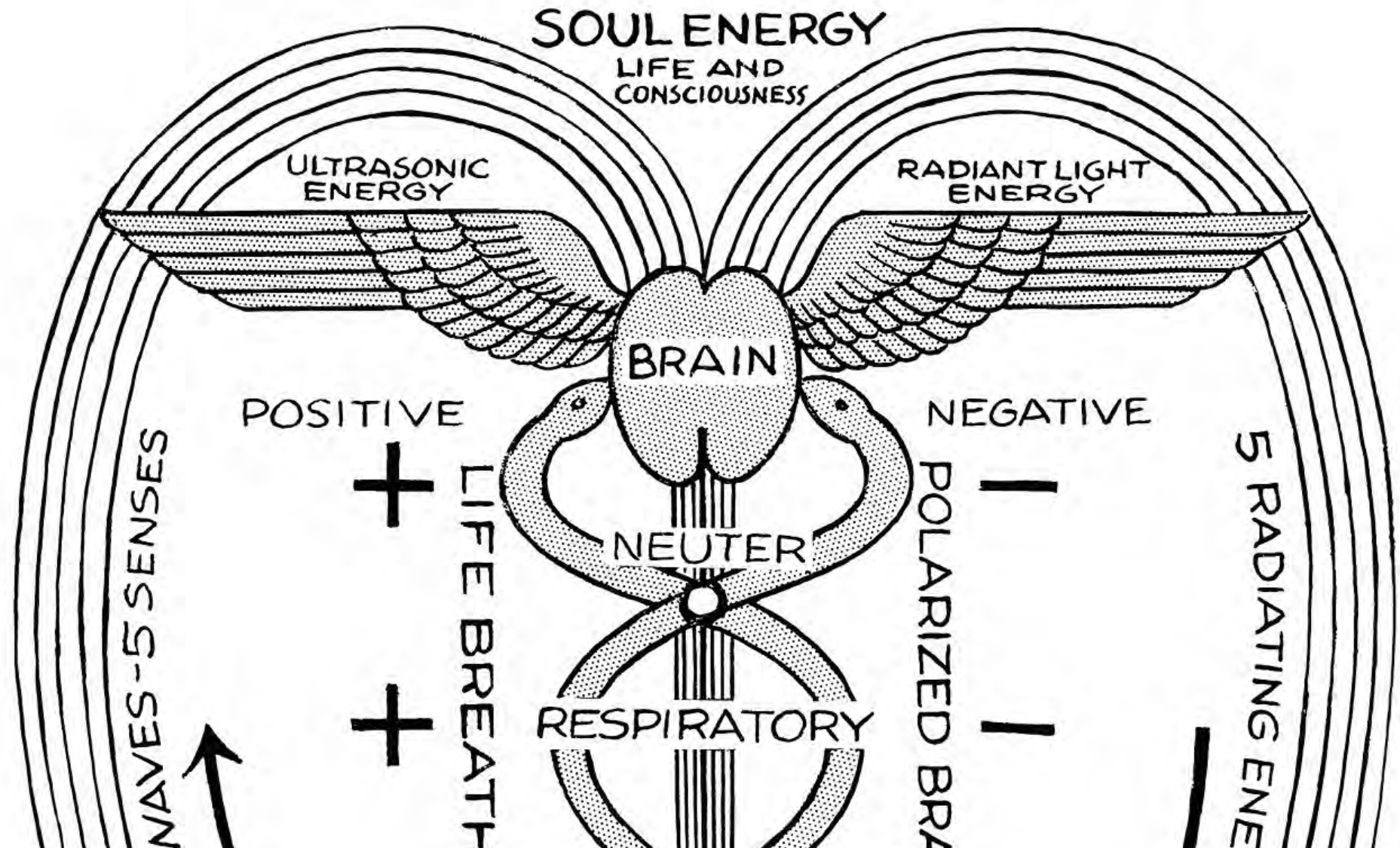
³ James Allen (1864-1912), a British philosophical author and pioneer of the self-help movement. In 1903, he published his most popular book, [As a Man Thinketh](#).

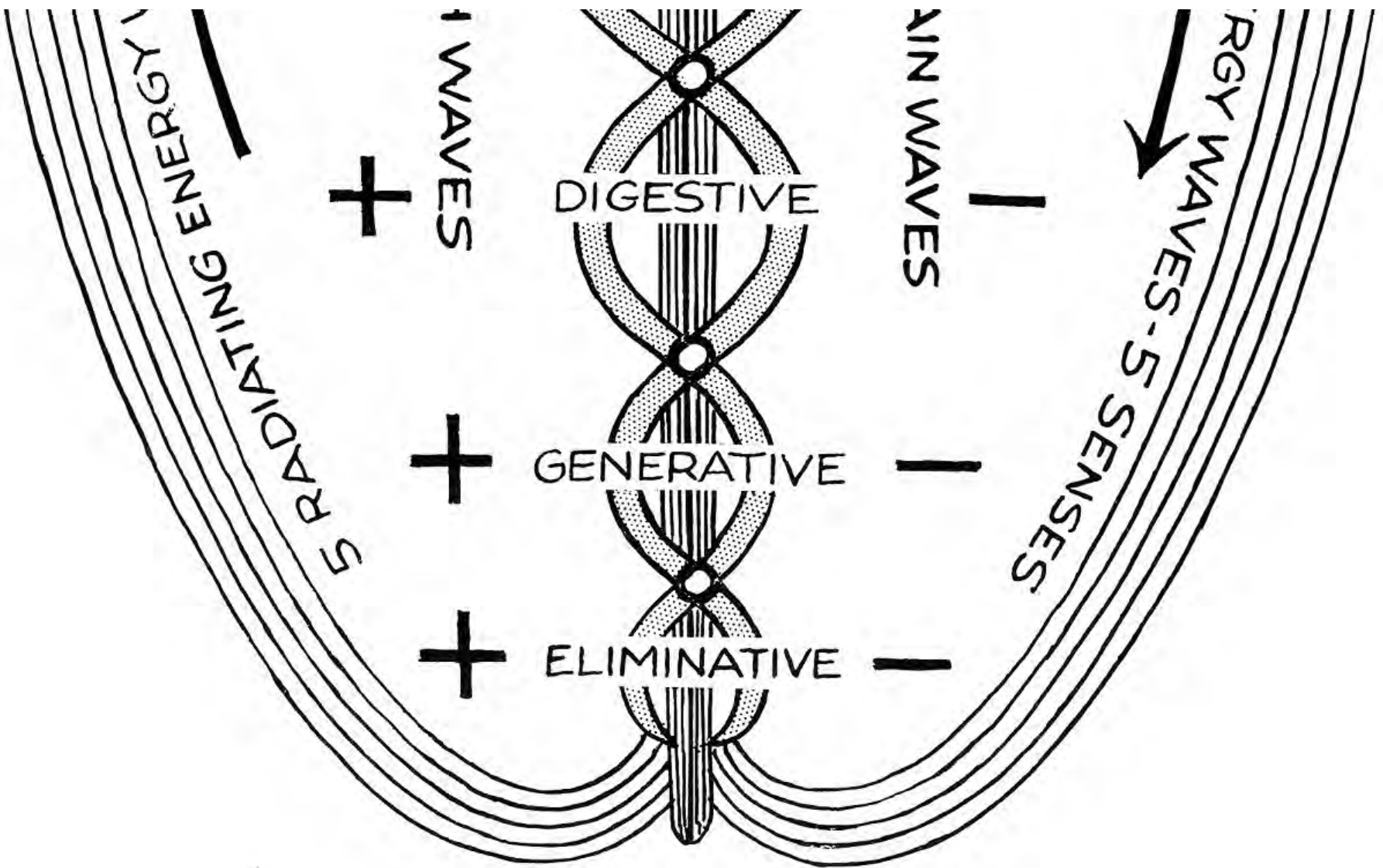
⁴ John 1:5

⁵ Job 38:7

CHART NO.1

PSYCHO-PHYSIOLOGICAL KEY CHART ANCIENT AND MODERN FOR POLARITY THERAPY

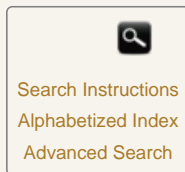






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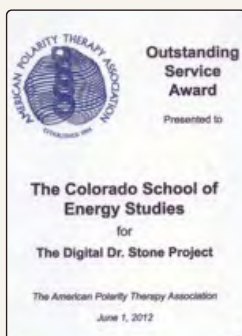
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Chart No. 2

[See [Book 3, Chart 2](#)]

This chart is really an extension of [chart No. 1](#) and of the ideas and principles illustrated therein. The centrifugal and centripetal currents as opposites are the central theme of balancing all equations and controversies in therapies. By the skill of the hand and understanding, both can be used to good advantage.

Chart No. 2 gives a diagrammatic [diagrammatic] picture of the life current arising from the triune heart center, going up to the head - the directing center or governor of action - and flowing down in an inward sweep of the attraction toward the center from the outside. The generative system is the creative and procreative center of the microfilm of all energies of the body in their finer pattern form or essence in the latent seed power.

This brief outline gives the design the shape of the heart because it is the life circuit. It also represents the individual cell in general, as the smallest particle of living tissue, acting as a life unit.

Of centers, three are given here as the most vital: The head, the heart and the generative system. These are often symbolized by the story of the three wise men of old, looking for the King as the newborn life essence in the blood stream.^[1] After all, life is closer to us and more real than history; and life's process is vital to us for our understanding and well-being.

To balance all opposites and controversies would be a great boon to mankind. A deeper viewpoint through better understanding of life would lead to a growth of intelligence and a larger vision. The polarity of forces in their outward electric energy potential and in their inward magnetic potential of attraction explain the diametric opposites of the principles and the practice of Allopathic medicine and Homeopathic application of essences in their minutest quantities of a drug or herb.

According to the Allopathic principle a quantity and force opposes and neutralizes a similar quantity or force in volume. "Contraria contrariis curantur." "Opposites are cured by opposites." While the Homeopathic principle of "Similia similibus curantur" asserts that likes are cured by similars. But here the essence or the center of the thing is stressed in its inward, penetrating or centripetal current instead of volume or quantity. It is more etheric in vibration and its penetrating magnetic effect through the neuter [neutral] fields of the body. This therapeutic principle works on the inward arc of the currents, while Allopathy acts upon the outer current of the centrifugal energy field. In the Ayurvedic medicine of India, metals had to be burned or overcome in their gross nature by the juices of certain plants and by fire before they could be employed as remedies which the body could absorb.^[2] Metals were not used in their crude form in Ayurvedic practice. This came about later, during the middle ages in Europe.

The blood is the conveyor for the life current. This finer essence is made up of three primal principles of matter in its manifestation:

1 - The AIRY essence is the breath of life which flows in the conveyor of oxygen in the air and in the blood stream. Nothing can live without air, but the chemistry alone does not comprehend nor rule this essence which merely flows in it and through it. This is the Mercurial (mind) Essence spoken of by the alchemists like Paracelsus.^[3] It is the neuter [neutral] pole of all living beings and things, as the geometric lines of force of patterns and ideas. It

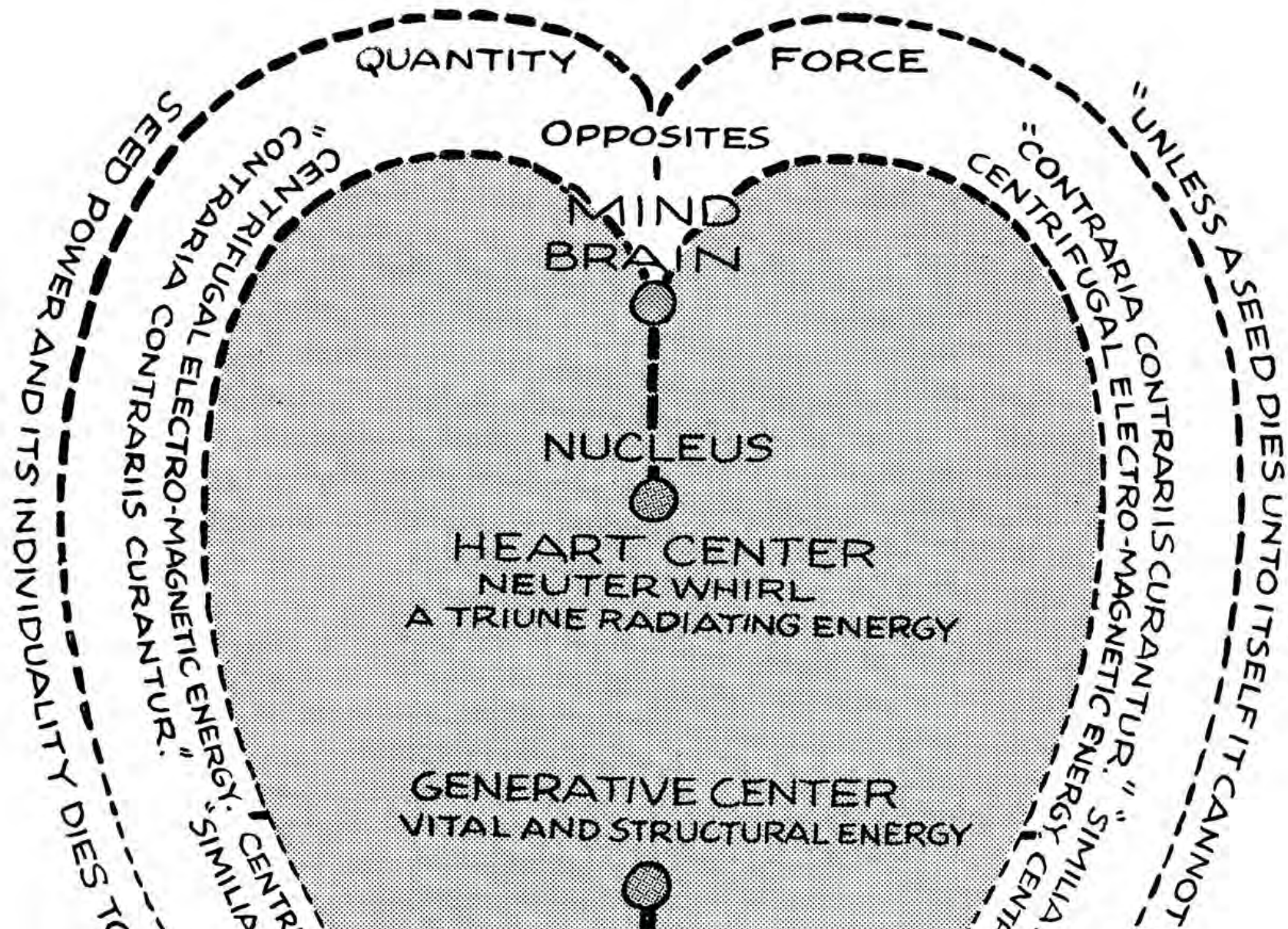
sustains all life by its universal current of the same essence. Man cannot give it nor manufacture this essence.

¹ Matthew 2:1-12

² A process called rasa shastra. The use of heavy metals, such as lead, mercury and arsenic, is highly controversial. Various studies done between 1990 and 2012 found toxic levels of these elements in a significant number of marketed Ayurvedic medicines, and several cases of lead poisoning were traced back to Ayurvedic products. Traditional practitioners blame these events on failure to follow exact preparations for mass production.

³ Paracelsus, born Philippus Aureolus Theophrastus Bombastus von Hohenheim (1493-1541), a German-Swiss doctor, alchemist, botanist, astrologist and occultist.

CHART NO. 2. OPPOSITES POLARIZED. DIAGRAM OF THE PATTERN OF LIFE FORCE AND THE TISSUE CELL.



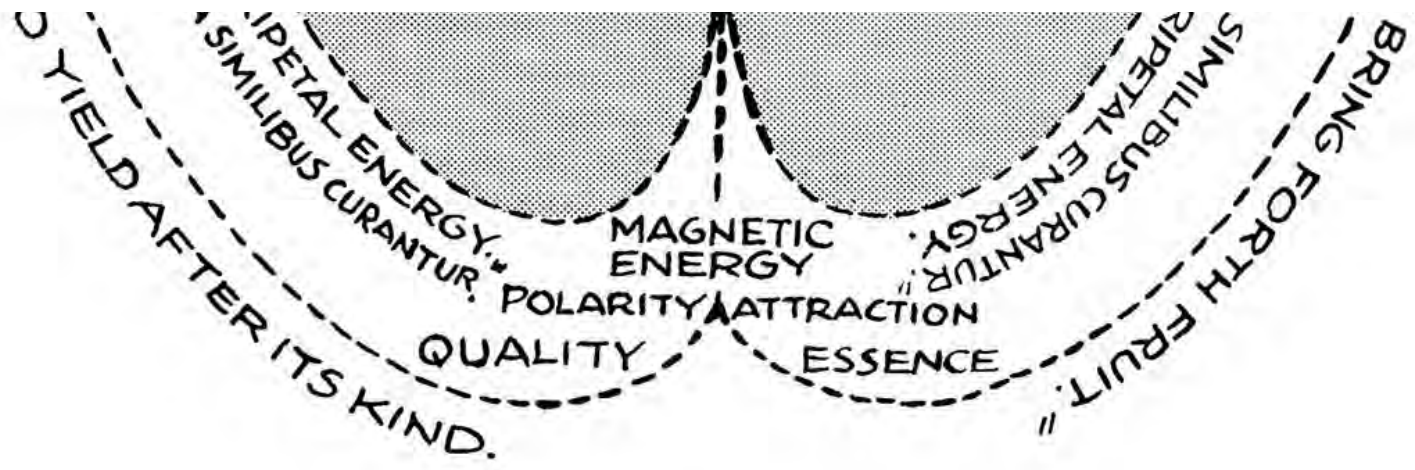
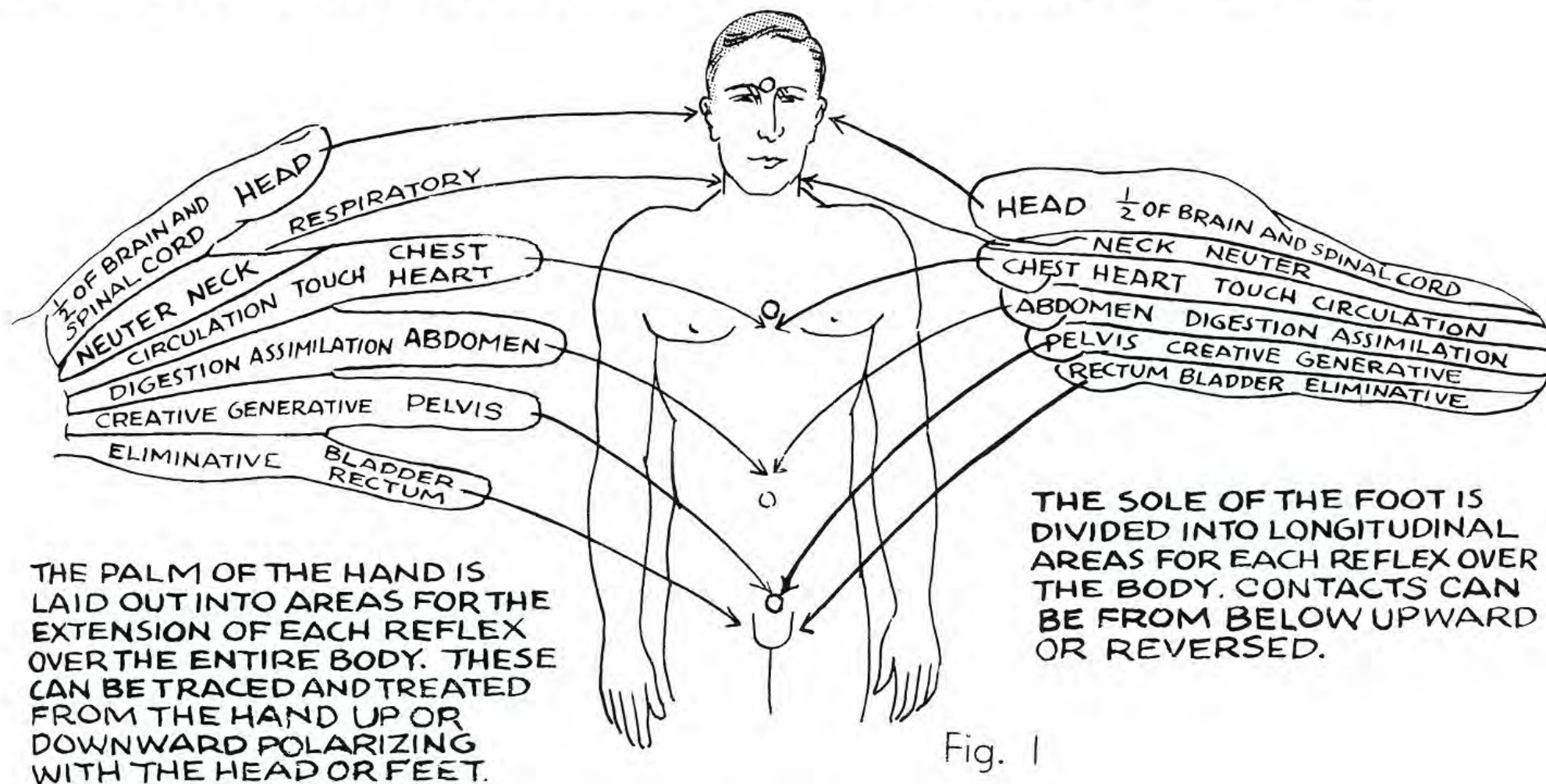


CHART NO. 3. COMPARATIVE DIAGNOSTIC REFLEX AREAS OF THERAPEUTIC IMPORTANCE. THE STORY THE HANDS CAN TELL ABOUT POLARITY THERAPY. SUPERIOR-INFERIOR LOCATIONS OF BODY OVALS AND THEIR WIRELESS CIRCUITS FOUND IN THE HANDS AS ACUTE NEUTER REFLEX AREAS AND IN THE FEET AS CHRONIC NEGATIVE SYMPTOMATIC REFLEX AREAS.

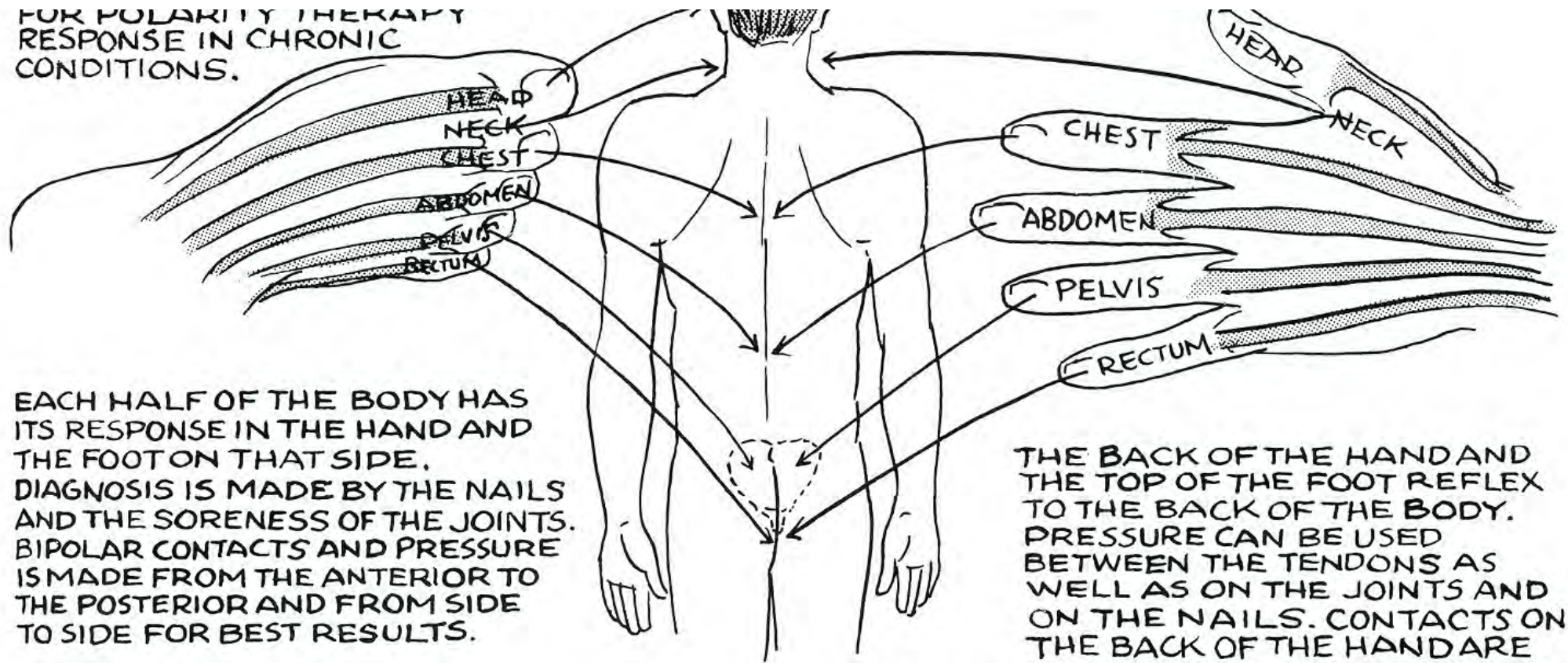


POSTERIOR CORRESPONDING FIELDS AND THEIR DIAGNOSTIC END REFLEXES FOR POLARITY THERAPY



ACUTE REFLEXES

FOR POLARITY THERAPY
RESPONSE IN CHRONIC
CONDITIONS.



EACH HALF OF THE BODY HAS
ITS RESPONSE IN THE HAND AND
THE FOOT ON THAT SIDE.
DIAGNOSIS IS MADE BY THE NAILS
AND THE SORENESS OF THE JOINTS.
BIPOLAR CONTACTS AND PRESSURE
IS MADE FROM THE ANTERIOR TO
THE POSTERIOR AND FROM SIDE
TO SIDE FOR BEST RESULTS.

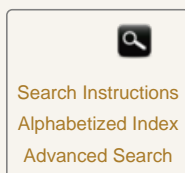
Fig. 2

THE BACK OF THE HAND AND
THE TOP OF THE FOOT REFLEX
TO THE BACK OF THE BODY.
PRESSURE CAN BE USED
BETWEEN THE TENDONS AS
WELL AS ON THE JOINTS AND
ON THE NAILS. CONTACTS ON
THE BACK OF THE HAND ARE
MADE WITH THE FINGER TIPS
AND THE THUMB ON THE PALM
OF THE HAND.



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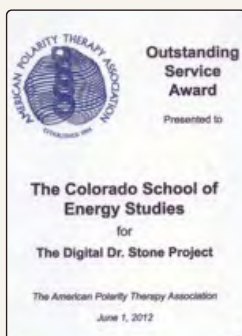
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Chart No. 3

[See [Book 3, Chart 3](#)]

Chart No. 3 shows a brief outline of the finer wireless energy whirls in the human body, behind the nerve centers, and their action as conductors of energy. Centers are indicated by circles. The head, the heart and the generative system are the principal centers of life.

Below the center between the eyes, the energy fields are purely physical, for physiological function. Diffused consciousness from the cerebrum resides in each center and field. By this and their specific nerve connections with the back portion of the brain, function is accomplished in each department.

In the finer whirl of these centers, in addition to functioning as conveyors of the nerve currents, lies the essence of the electro-magnetic [electromagnetic] field, where specific vibratory wave lengths rule without conductors. This finer phase of energy is very necessary to tune the sensitive energy fields of the body into Nature's reservoir for their maintenance. This principle is as essential to action as the wireless broadcasting wave is to radio or television performance over the stepped-down condensers of radio or television boxes which are symbols of the body.

Man and his centers are expressed in motion and skill through the hands, the feet and joints. Polarity reflex contacts can be made on this circuit to influence the body centers, through the neuter [neutral] pole of the hands and through the negative poles of the toes and the soles of the feet. The current flows naturally through the hands in the expression of skill and sensation of touch, as the neuter [neutral] pole which expresses the mind and brain energy. These currents all flow back to the center and can thus be used as conveyors of impulses through manipulation and contacts in each field, to affect the vital center involved and thereby balance its action. IT IS A DRUGLESS APPROACH TO THE PRINCIPLE THAT LIKE CURES LIKE IN ITS CENTRIPETAL FLOW.

The feet and the toes are the extremities of the negative pole in the current flow where most of the blocks are formed by precipitation. Releasing the blocks usually present at the junction of the positive, outgoing motor and the negative, inflowing sensory return currents is therefore a very important factor in POLARITY THERAPY BALANCING of these two forces. Precipitation occurs most often here because of the great distance from its invigorating center.

Conscious control of these centers through the finer fields is possible by much and long practice, which has been demonstrated by the Hindu Yogis. But this is not recommended as it is not really to the advantage of the souls in this age nor is it advisable to take over the subconscious functions consciously, in our busy everyday life.

ALL CENTERS BELOW THE EYES are for the physical well-being only when properly used. THEY HAVE NO SPIRITUAL VALUE. By developing them one may attain psychic power, but no soul lift to the higher realms. It is therefore a waste of time to try to develop them or to make use of them for any purpose other than normal physical health.

This deeper understanding of the wireless function behind the conducted energy fields is very important in order to balance them when upsets or obstructions are present, and thus gain release from interference of energy flow. It is real physiological psychiatry to know the currents and step-down mechanisms of the mind through brain function. The understanding of these

currents is the real basis for a deeper therapy than the merely physical or chemical applications.

Life operates by finer forces primarily - like the atom - in man and in Nature.
We come

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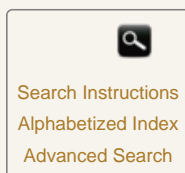
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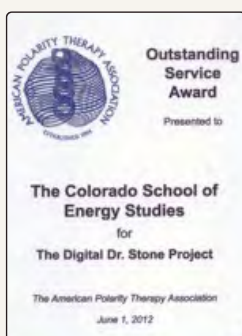
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Chart No. 4

[See [Book 3, Chart 4](#)]

In this chart areas of opposite polarity in the body are presented in circular diagrams as a geometric relationship and balance of body parts in action and reaction. It is another approach toward simplification for the purpose of easily memorizing these relationships in the body.

CIRCLE No. 1 extends from the sides and the top of the head to the sides and the bottom of the feet. These are geometric opposites, like the two ends of a stick. As one end is moved, the other must go in the opposite direction in proportion to the length of its leverage and movement of energy stress. Even though there is no direct nerve connection nor is the rigidity present as in a stick, the geometric force moves just the same through wireless waves and produces corresponding **polarity** reflexes. Many drawings illustrating this principle may be found in [book II](#). This is a lateral presentation of corresponding opposite POLARITY fields. They are very useful as reflex applications in POLARITY THERAPY.

CIRCLE No. 2 connects the mandibular joint in front of each ear with the hip joint and the acetabulum as a reflex pole on each side. Test contact can prove their relationship when either is painful or in trouble. **THE TOP AREA IS ALWAYS THE POSITIVE POLE, AND THE LOWER IS THE NEGATIVE POLE.**

CIRCLE No. 3 relates the side of the lower portion of the neck and part of the brachial plexus to an area just above the hip joint, in the soft tissue, as a reflex. Release of tension in the lower field will improve the upper condition. These fields of two reflexes, above and below, give the physiological basis for the restriction of respiration such as is encountered in all pelvic injuries because of the lack of muscular support.

CIRCLE No. 4 gives the umbilicus and the knees as corresponding reflexes. This is a new approach to the problem of correspondences in the body through geometry. Tests will verify both contacts as effective in therapy. The umbilicus is the physiological center of the body. The knees are the main flexors of the body. The fires of life, digestion and motion are correlated in the knees. It may again be pointed out that **all contacts are bipolar** in POLARITY THERAPY, one hand being placed above and the other below, on the opposite center. The energy can be directed either up or down or from side to side, according to the placing of the hands. Currents flow from the right, positive hand to the left or negative hand.

THE STRAIGHT LINE on the left side of the body connects the jaw reflex as the positive pole for stomach response to the neuter [neutral] pole.

In front of the ear, above the arrow point of circle No. 2 is located the faculty of alimentiveness. A mild holding contact on it on the left side of the head and one active lifting hold under the floating ribs below the stomach will elicit powerful reflexes hitherto unsuspected. Some gaseous eruptions [belches] and stomach coughs have their origin here. On the right side, the same area in front of the ear and above mandibular joint, has its polar reflex to a center in the liver region which will respond when a contact is made under it, beneath the floating ribs, with the other hand.

THE DOTTED LINES along the outside of [of] the thighs, shown in the upper portion of circle No. 5, are also potent **polarity** reflex areas for the digestion. The fascia lata is concerned here. It becomes so rigid in indigestion that it seems like a board on either leg where the energy block

exists. This area on the left leg is a stomach polarity reflex and the same area on the right leg reflexes liver obstructions. The electromagnetic energy in these fields is not powerful enough to

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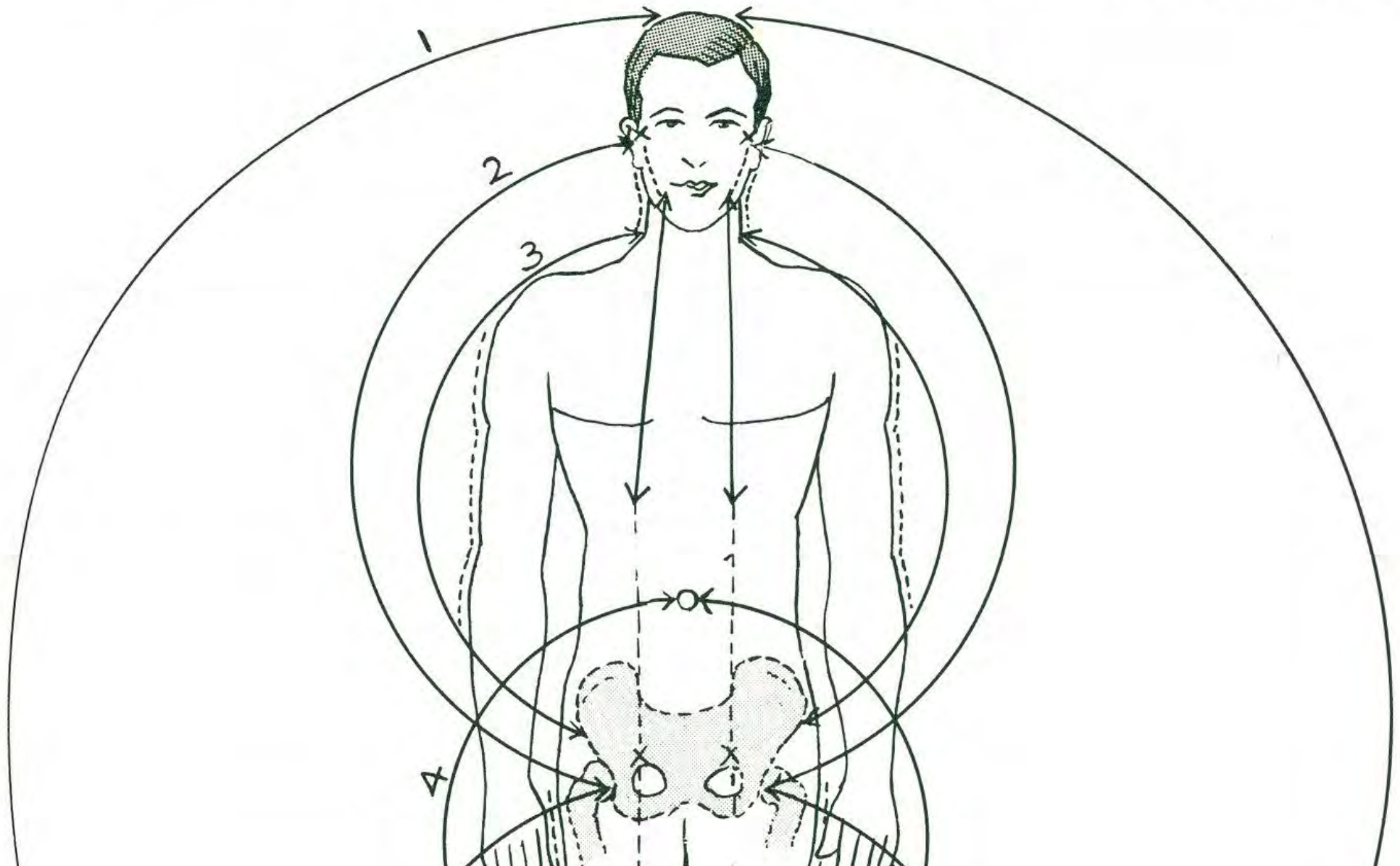
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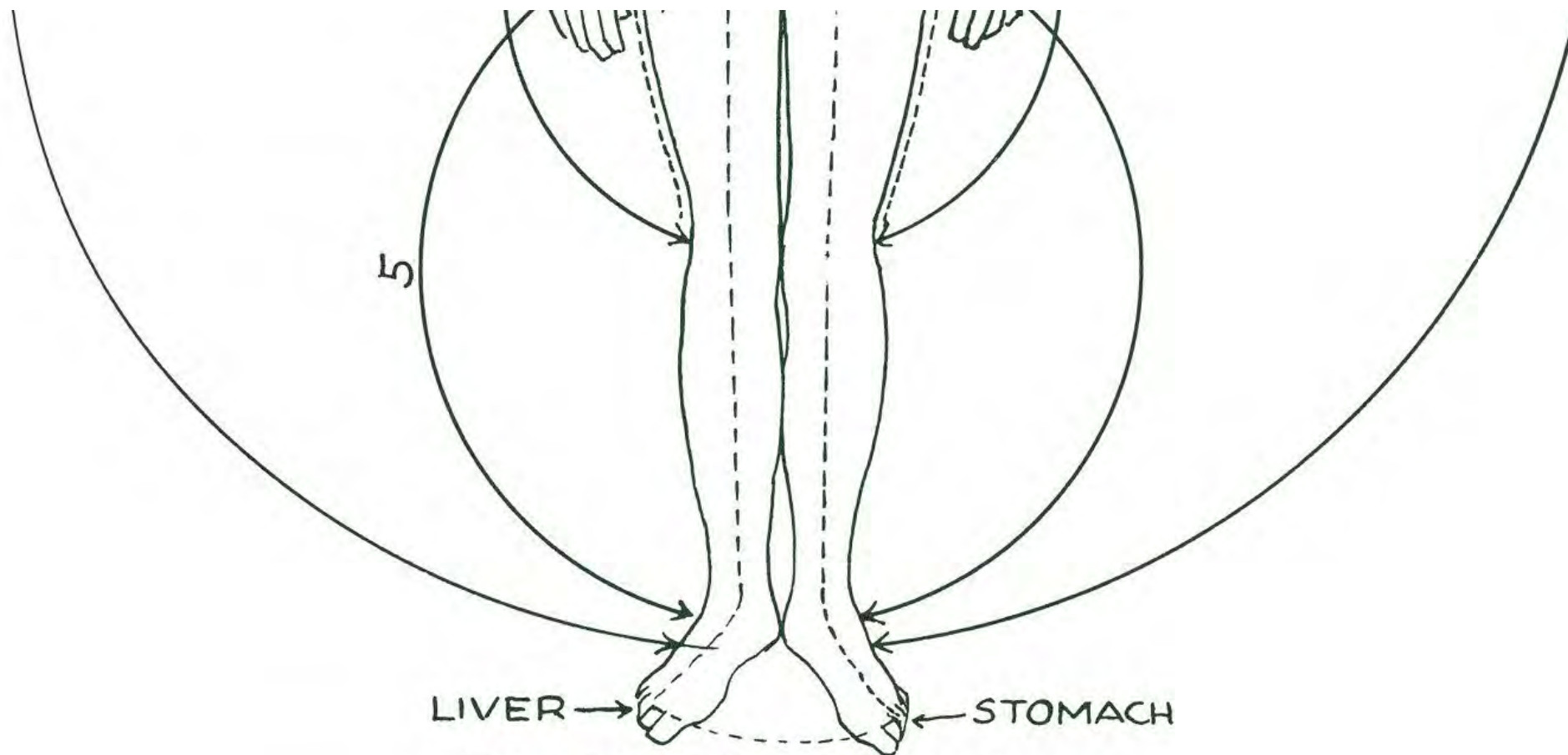
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CHART NO.4. GEOMETRIC ANTERIOR AND LATERAL POLARITY REFLEXES AS POTENT SUPERIOR AND INFERIOR CONTACT POINTS POLARIZING THE SUPERIOR POLE WITH MIDDLE OR INFERIOR POLE.





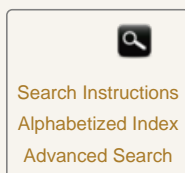
LIVER → STOMACH

POLARIZED CIRCUIT BY HOLDING
BOTH TOES SIMULTANEOUSLY.



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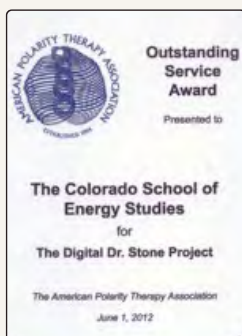
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Chart No. 5

[See [Book 3, Chart 5](#)]

CIRCLE No. 1 illustrates the relationship of the top of the head with the bottom of the feet - from the center of the top of the head to the center of the arches of the feet. Chilling this area of the feet usually results in severe head cold symptoms, and in women patients this produces uterine congestion, the uterus being the neuter [neutral] pole in the vertical lines of force with polarity reflexes to the top of the head. There is also an indicated relation between the back of the head and the heels.

CIRCLE No. 2 relates the temporal bones to the innominate [hip] bones on each side. Loss of balance through the action of the semicircular canals in the temporal bones might have its origin in the innominate [hip] and its articular relationships of polarity energy circuits. This polarity reflex is present in cases of ear trouble, whether it can be found or not. The very shape of the ear shows POLARITY association with the similarly formed innominate [hip]. The temporal bones are the ear bones. Motion, emotions and ear-wagging in the animals have a definite relationship to each other.

CIRCLE No. 3 establishes a POLARITY relationship of positive and negative poles between the foramen magnum articulation and the center of the sacral articulation with the innominate [hip]. This is a very vital correspondence and most useful in therapy. In another place in this book the treatise on the Sacrum deals further with this POLARITY relevancy and its application.

CIRCLE No. 4 shows an unsuspected reflex between the kidneys and the feet, on the sides below the ankles and on the bottoms. For home therapy, hot applications and poultices to the bottom of the feet, in the respective area or in general, will draw from the kidneys. This knowledge is most helpful to the doctor in treating acute kidney conditions and even in coughs and lung conditions. Grandma used to apply hot onion poultices to the feet and cure whooping cough by mildly blistering the feet. This is POLARITY application through the AIRY TRIAD OF THE KIDNEYS AND THE LUNGS. Direct POLARITY application would give even quicker and better results. POLARITY THERAPY should be repeated until all pain is gone out of both areas, above and below, and the symptoms are cleared.

CIRCLE No. 5 indicates the line crossing the bracelets of the wrists, from a posterior view, connecting the associated reflex area of the hip joint with the ankle joints. The wrists, ovaries and testes also have a functional reflex in the bracelets of the wrists, anteriorly, just above the hands, where the line of circle No. 5 crosses in the diagram. This is useful in diagnosis and estimation of vital force as pelvic function in pregnant women, as previously mentioned.^[1] Curved in or broken lines indicate great difficulty in childbirth, and a cesarean may be necessary. It is good to know and be prepared.

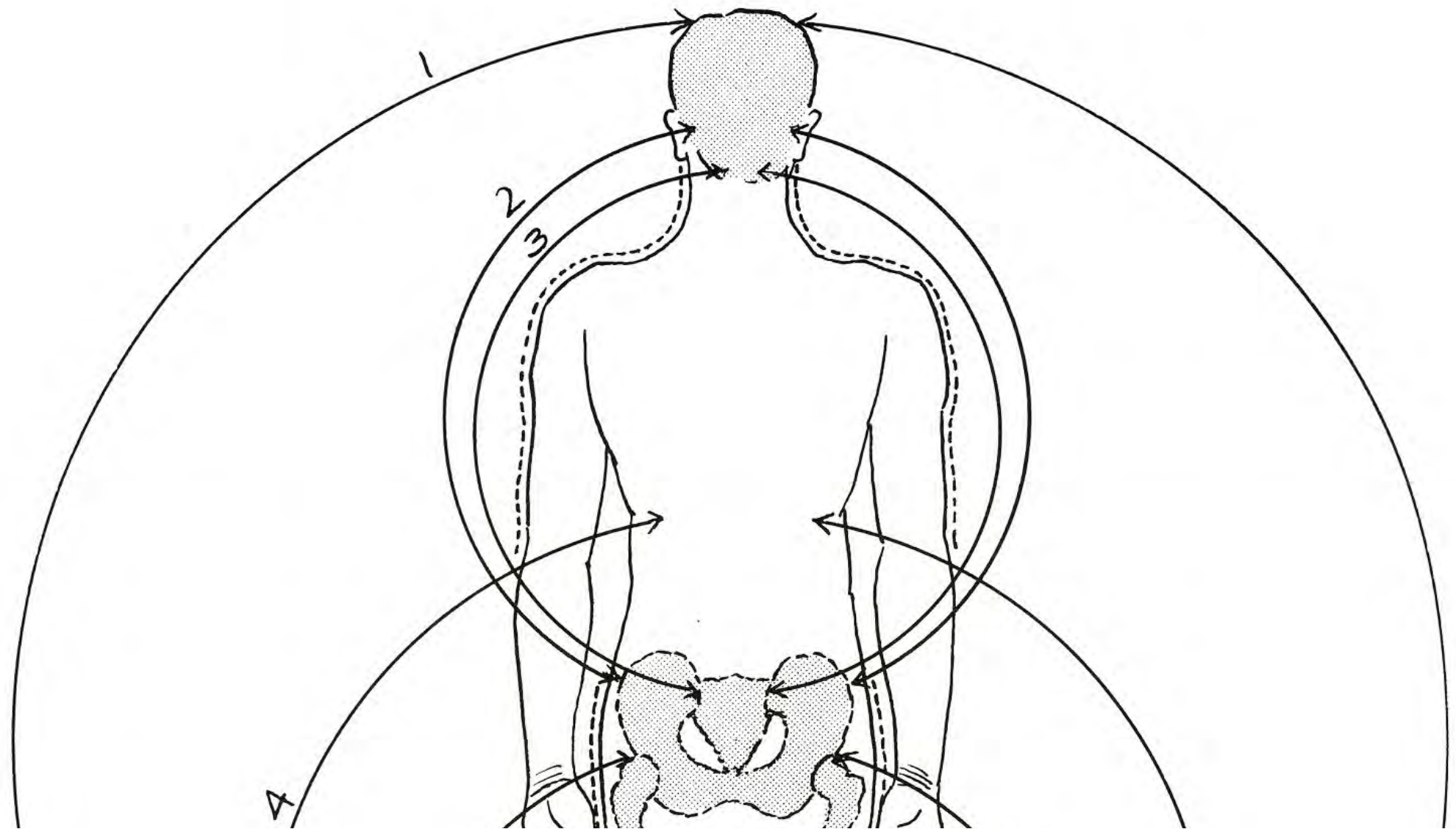
Capacity of any field or organ is expressed in lines of force in its corresponding reflex centers, as their silent wave-length recording, like handwriting on the tissue walls. Knowledge of this is a great aid to the physician in rendering most effective service, and raises the public's estimation of his knowledge and skill. This is priceless information, especially in the field of obstetrics.

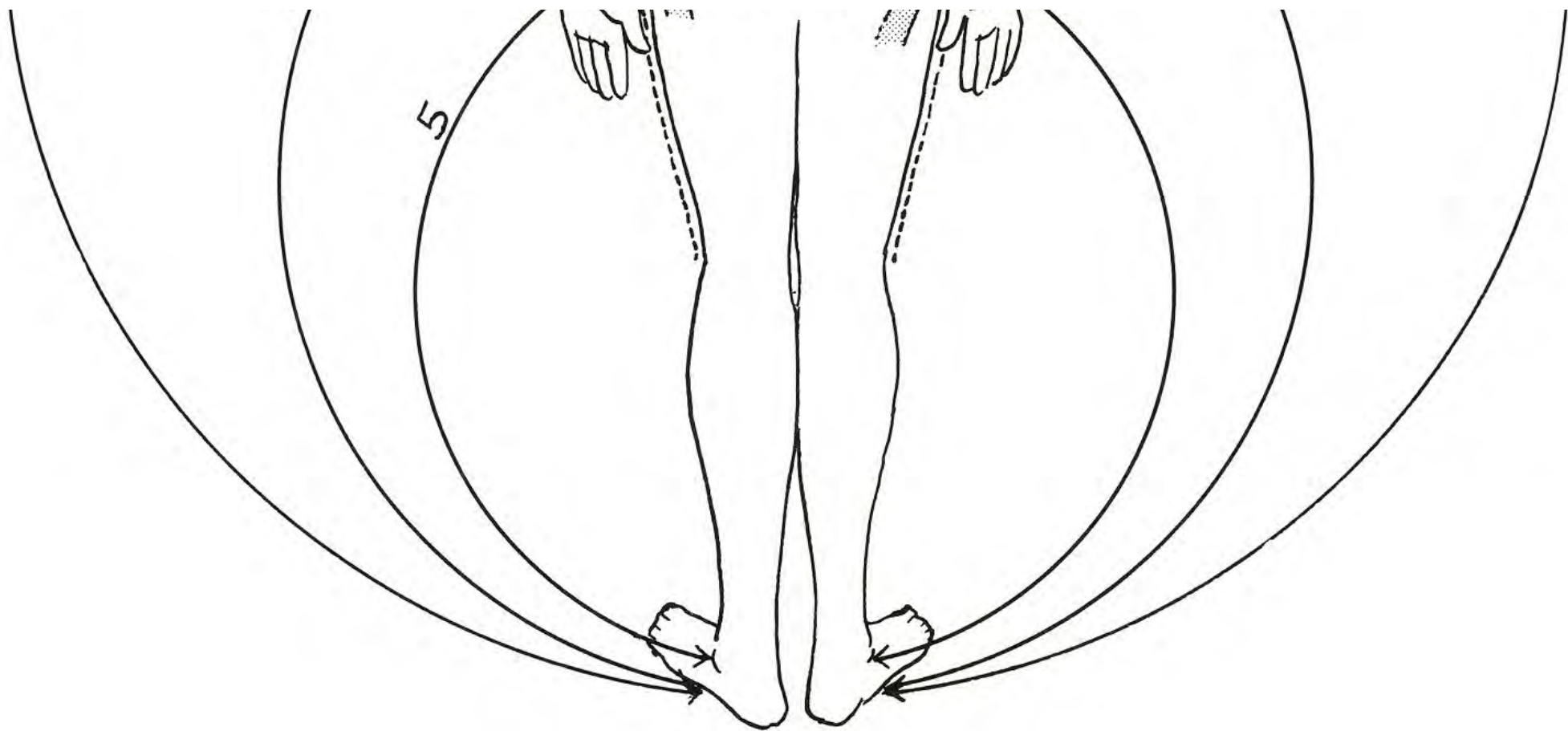
The dotted lines along the neck, the arms and the thighs depict the polarity reflexes on the outside of the body, viewed from the back. They represent the outer negative pole, associated with the inner side of the thighs and the

anterior portion of the neck, shown as dotted lines in [chart No. 4](#). Both, the inner thigh area and the outer tension blocks, must be released to balance the current flow and eliminate the pain caused by this obstruction of the energy which results in tension in the fields concerned.

¹ Book 3, [page 42](#).

CHART NO.5. POSTERIOR LATERAL GEOMETRICAL
POLARITY REFLEXES AND CONTACT POINTS FROM
SIDE TO SIDE, AND THE SUPERIOR TO THE MIDDLE OR
TO THE INFERIOR, STRAIGHT, OR CROSS OVER.

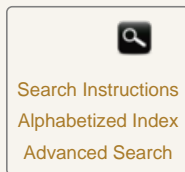






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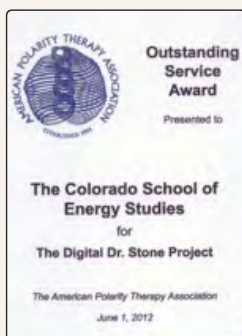
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Chart No. 6

[See [Book 3, Chart 6](#)]

Figure 1 portrays the five forms of matter, operating as five fields, building the human body. The body cavities are the potential fields which contain the vital organs of function.

Figure 2 depicts the application of principles illustrated in figure 1 by placing them in the respective cavities of the body. Matter, in its finer essence of etheric function, whirls in circuits by enclosing space for specific expression of stepped-down energy from a high potential of mind energy, through etheric, gaseous, liquid and solid forms of matter as polarized fields, and functions as structural energy expressed through sensory and motor currents. The center of consciousness of all fields resides in the neuter [neutral] point between the eyes. This explains the energy field idea, made up out of space by the primary energy currents which encircle space and build in it, like a bird makes a nest. Space existed before there were organized forms with fields, organs, nerves and functions.

There is always an accumulation of energy at the centers, where the POLARITY currents cross, as illustrated in figure 2 and in charts [No. 1](#) and [2](#) in book II.

Each field will be recognized in its function, as it is given throughout the book and well illustrated in charts [No. 1](#), [2](#) and [3](#) in book II. Each field has a vibratory keynote of its own as well as specific POLARITY currents for action. The physical aspect of the field is the negative phase. The positive, wireless energy which flows over it is the positive pole in each field. That is why two illustrations are given in this chart.

The cold earth must be activated by the fire of life and warmth in order to function. In the same way, the driving vital force, active in the circulatory system, is a fiery energy; while the fine mind energy essence floats in the cerebrospinal nerve fluid as an airy nothingness which gives direction and intelligent perception to the nerve cell actions as sensory and motor impulses. This subtle, hidden energy in the nerve fluids was called the alchemical function by the medieval doctors, such as Paracelsus.^[1]

Ayurvedic medicine of India also associates the brain and nerve functions with the airy element of the mind by looking at it from the one polarized neuter [neutral] center within from which all external forms originate and emanate. In the Ayurvedic system the circulation and the respiratory functions were classified under the fiery element because of the sustaining warmth and the fiery energy and warmth in the blood stream. There is no contradiction whatsoever; it is merely a matter of looking at it from the center outward, or from the outside in.

To avoid confusion, I have taken the latter view in presenting the external relationship of parts because it is much more in keeping with our western viewpoint of anatomy and physiology, as follows:

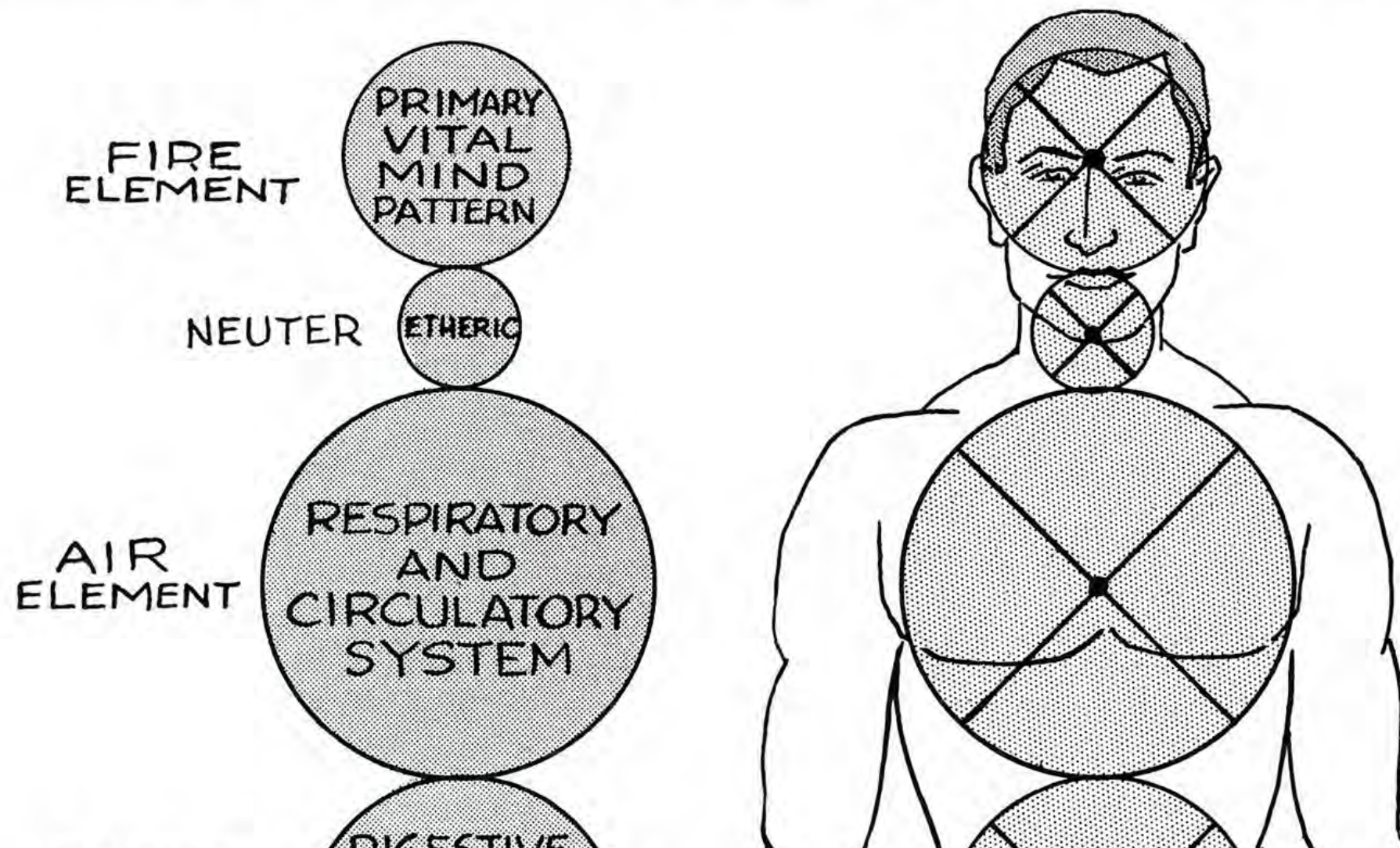
- 1 - The superior (the brain, etc.) as the positive pole. The airy mind pattern energy.
- 2 - The middle (the sustaining principle of life) as the neuter [neutral] pole. The sensory energy of warmth and emotional feeling. (The heart center)
- 3 - The inferior, the negative pole, as the result or culmination of all the currents' travel and the crystallization of the energy essences into physical

fluidic essence as seed power, seeds and fruits which express the sum total of the original pattern in form. (The generative center.)

This is how Polarity starts as energy flow in the very pattern design in the beginning of

¹ Paracelsus, born Philippus Aureolus Theophrastus Bombastus von Hohenheim (1493-1541), a German-Swiss doctor, alchemist, botanist, astrologist and occultist.

CHART NO.6. PRIMARY FIELDS OF SPACE CIRCLES AS BODY CAVITIES WITH THEIR CROSS OVER POLARITY LINES OF ENERGY AND ONE NEUTER CENTER IN EACH. THE CHEST REPRESENTS THE PHYSICAL FIELD OF AIRINESS AND RESPIRATION. THE ENERGY ASPECT OF THE AIRY ELEMENT IS USUALLY ATTRIBUTED TO THE MIND, THE BRAIN, AND THE NERVOUS SYSTEM, PRIOR TO PHYSICAL FUNCTION.



EARTH
ELEMENT

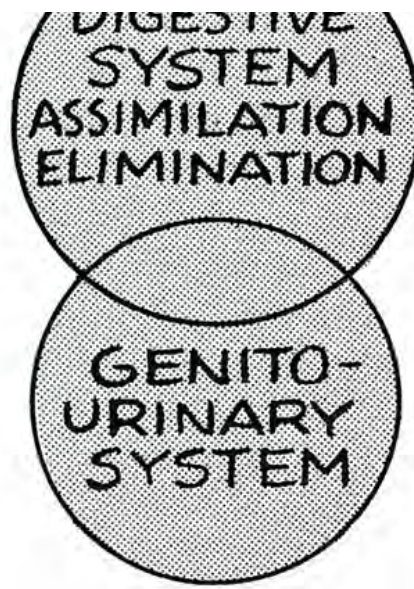


Fig. 1

WATER
ELEMENT

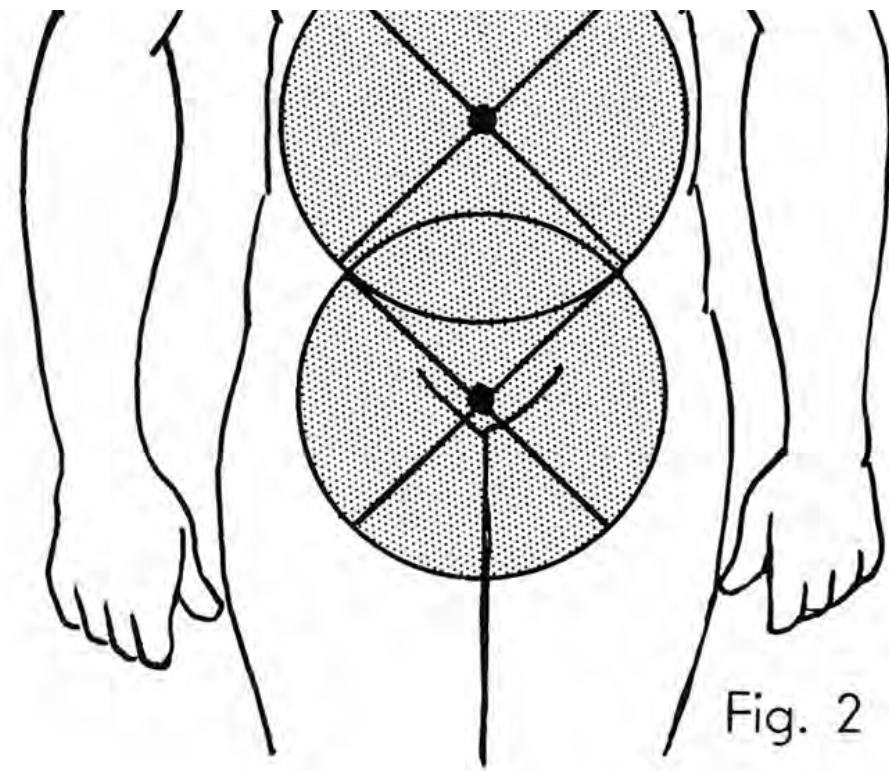
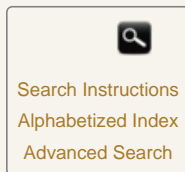


Fig. 2



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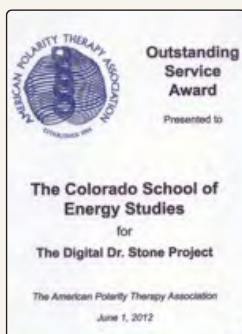
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Chart No. 7

[See [Book 3, Chart 7](#)]

The illustration given here is of the FIERY principle [Yang¹] as it functions in the human body.

The superior pole is manifested in the light of the eyes and descends over the region of the heart and chest as respiration and the fiery warmth in the blood, to supply every cell of the body. It crosses over in the abdomen in the region of the umbilicus, where it becomes the fire of digestion in the splanchnic [intestinal] area and in the solar plexus. It centers especially in the duodenum as an emotional seat of the fire principle [Yang¹]; also in the gall bladder and duct as the organ of anger, jealousy, envy, hatred and bitterness. Its third function is action and motion which are expressed through the skill of the hands in the neuter [neutral] pole and as running through the action of the thighs. The thighs express this definitely in the motor field as the negative pole. When a horse runs away, if his eyes are covered by the hands of the rider, he will stop at once. These psychological qualities were expressed as planetary characteristics in alchemical writings because truth had to be veiled. Planets also radiate energy waves as their keynote of action.

In headaches, in hemicrania and when there is the pulling and straining sensation in the eyes, even with glasses, as if they were being drawn out of the head, it is the fiery circuit which is disturbed. The head symptoms are but reflexes from the neuter [neutral] pole of the gall bladder and the duodenum, where the real trouble is located. Emotional stress is the hidden background of these recurring symptoms. This is verified by gas pains, abdominal cramps and indigestion symptoms. Belching is a sure sign of it, when enough action is present to get this symptomatic relief by moving the accumulated gases.

In such cases everything goes to gas because there is not enough of the fiery power present to carry on the complete process of digestion. Foods may even remain in the stomach, undigested, for days. Even skillful and careful work over the liver area, anteriorly and posteriorly, does not release the cause of it; but it does help to being up the gases and relieve the head of gas pressure through belching.

By experience and diligent research I have found that the liver and stomach are not so much at fault here as it seems. They only lack motive power to do their work because the emotions have diverted the energy. The real block is in this fiery element which is stuck in the gall bladder and the duodenum, into which the common bile duct empties. Abdominal work helps but does not get the quick nor lasting reaction as does the POLARITY REFLEX from the negative pole. In this case it is the negative pole that is blocked, which does not allow this current to return in its circuitous sweep from top to bottom and back again. The exact spot is the first joint of the second toe, near the big toe on each foot.

This reflex area is entirely new in its application as a specific for these symptoms and for obtaining immediate relief. The POLARITY area is different from the actual liver and digestive one, which is usually the second finger and the third toe for the liver, stomach, colon and digestion in general. Here, it is the fire element [Yang¹], in its active natural response, located nearer to the middle line of the body.

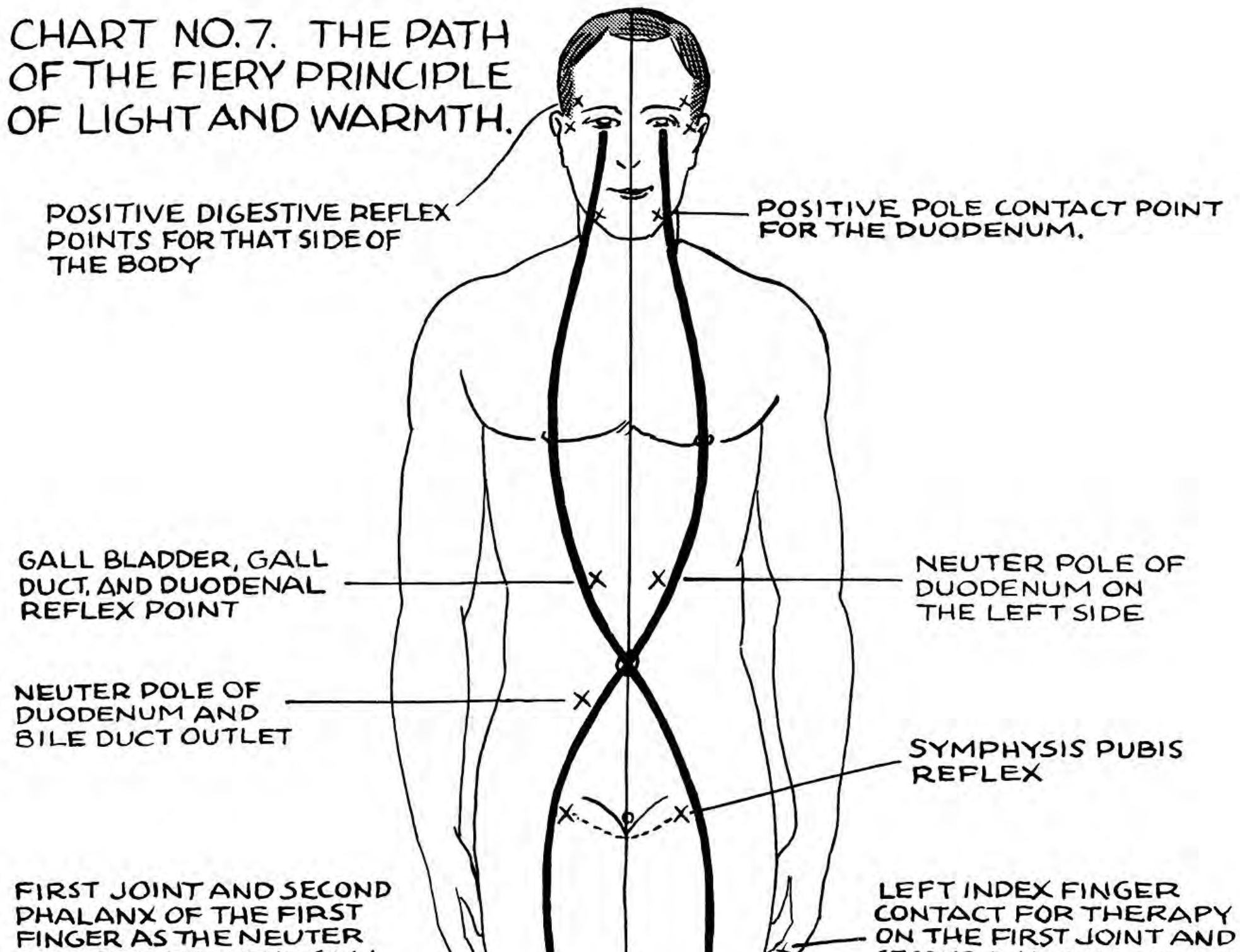
Each one of the four polarized elements has a positive pole, a neuter [neutral] pole and a negative pole. Therefore, all action is triune. Whenever they move, or wherever these fields are, they must be related to each other by

POLARITY FUNCTION AND CURRENT FLOW to obtain best results.

Chemistry also works through Polarity attraction and repulsion in each field in the body, by

¹ To alleviate confusion between the Three Principles (Fire, Water and Air) and the Five Elements (Ether, Air, Fire, Water and Earth), many Polarity practitioners refer to Dr. Stone's "Fiery Principle" as "Yang," his "Watery Principle" as "Yin," and his "Airy Principle" as "Neutral" or "Tao." See [The Three Principles and Five Elements](#) for more information.

CHART NO.7. THE PATH OF THE FIERY PRINCIPLE OF LIGHT AND WARMTH.

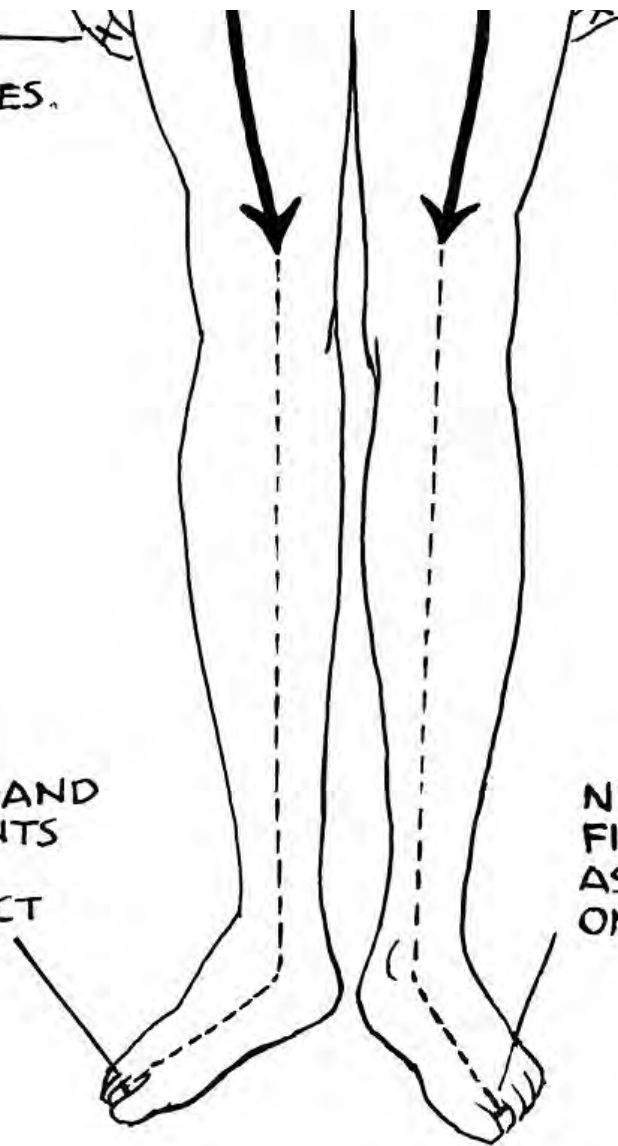


POLE REFLEX OF THE GALL
BLADDER, GALL DUCT, AND
DUODENUM WHERE IT EMPTIES.

SECOND PHALANX FOR THE
DUODENUM REFLEX ON THE
LEFT HALF OF THE BODY.

SECOND TOE, FIRST JOINT, AND
BELOW IT, AS REFLEX POINTS
FOR THE GALL BLADDER,
DUODENUM, AND GALL DUCT
WHERE IT EMPTIES.

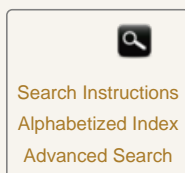
NEGATIVE POLE, SECOND TOE,
FIRST JOINT AND SECOND PHALANX,
AS REFLEX POINT FOR THE DUODENUM
ON THAT SIDE OF THE BODY.





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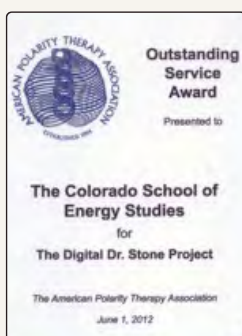
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Chart No. 8

[See [Book 3, Chart 8](#)]

This chart illustrates the application of the principles explained in [chart No. 7](#) for specific gall bladder and duodenal polarity reflexes.

TREATMENT ["Path of Fire"]

Fig. 1: Have the patient lie on the back. The doctor stands at the foot end of the table and firmly presses the first joints of the second toes of both feet, grasping each between the thumb and first finger of each hand, holds them firmly and pulls in order to release the joint. When the block is released by this gentle but firm stretch, the joint clicks during the stretch. The one with the greatest trouble requires a longer time and sometimes several applications before it will click. Normal joints click easily without pain. The first joints of the second toes on both feet are very sore in gall bladder and duodenal obstructions. There will be plenty of emoting and squirming on the patient's part, but if the doctor will persevere [persevere] for one minute at a time, with one minute or so interval in between for rest and a healthy reaction, the corresponding organs will respond by gurgling once or more and the patient will immediately begin to feel better. The pain at the point of contact will also be less each time the contact is made, and by and by it will completely disappear. This double contact has a polarizing effect by balancing the currents of one side with the other, plus the top and bottom polarity reflex responses.

The contact is first on the anterior and posterior surface of the second toe of each foot, at the first joint, as previously mentioned and as shown in fig. 1. Second, on each side of the same joints on both feet as shown in fig. 2. Hold each contact for about one minute, relax and repeat until good relaxation and response takes place. This should be repeated about three times during one treatment. The lateral contact elicits a different polarity reflex than the anterior-posterior one.

The contact on the first joint of the second toe of the right foot is for the gall bladder, gall duct, and the portion of the duodenum where it empties, on the right half of the body. The contact on the first joint of the second toe of the left foot is for the duodenum, which is located in the left half of the body. Sometimes one organ is in greater trouble than the other, hence the first joint of the toe on that half of the body will be more sensitive and painful.

Fig. 3: Identically the same contacts will be made on the first joints of both index fingers to polarize the neuter [neutral] reflexes of these areas in the body.

Fig. 4: Shows the contact for polarization from the superior reflexes (the right hand on top and side of the forehead) to the jaw, at a point of the gall bladder polarity reflex on the right side, and on the left side for the duodenal reflex. The operator stands on the left side of the patient and spreads out his hand in a bipolar contact from one side of the head to the other. The left thumb fits the jaw, and the fingers make a firm contact under it to support the thumb pressure. Hold it for one minute. Then change the jaw contact to the right side, hold firmly for one minute. The head contact remains steady and unchanged during both of these jaw contacts. The currents will flow from the head to the jaw because the right hand is on top, emphasizing the outflowing currents to the organs and polarity reflexes.

Then the doctor stands on the right side of the patient and places his left hand on the top of the forehead and his right hand on the jaw areas. The currents

will flow upward to the left hand and augment the sensory return circuits in the patient's body.

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CHART NO. 8. PRINCIPLES OF CHART NO. 7 APPLIED AS THERAPY, POLARITY CONTACT POINTS FOR GALL BLADDER, GALL DUCT AND DUODENUM, TO RELEASE ENERGY BLOCKS.



Fig. 1



Fig. 2

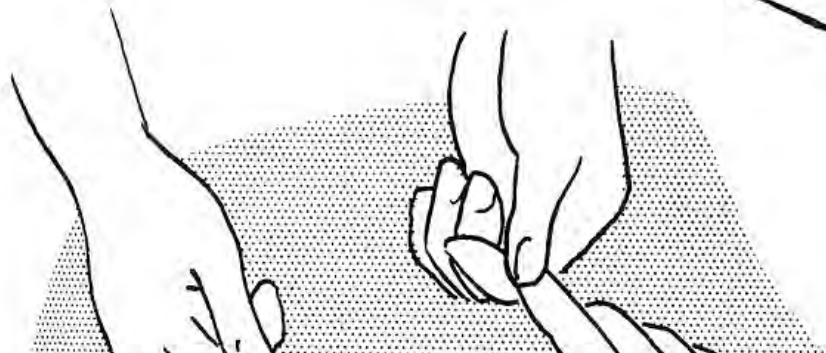




Fig. 3



Fig. 4

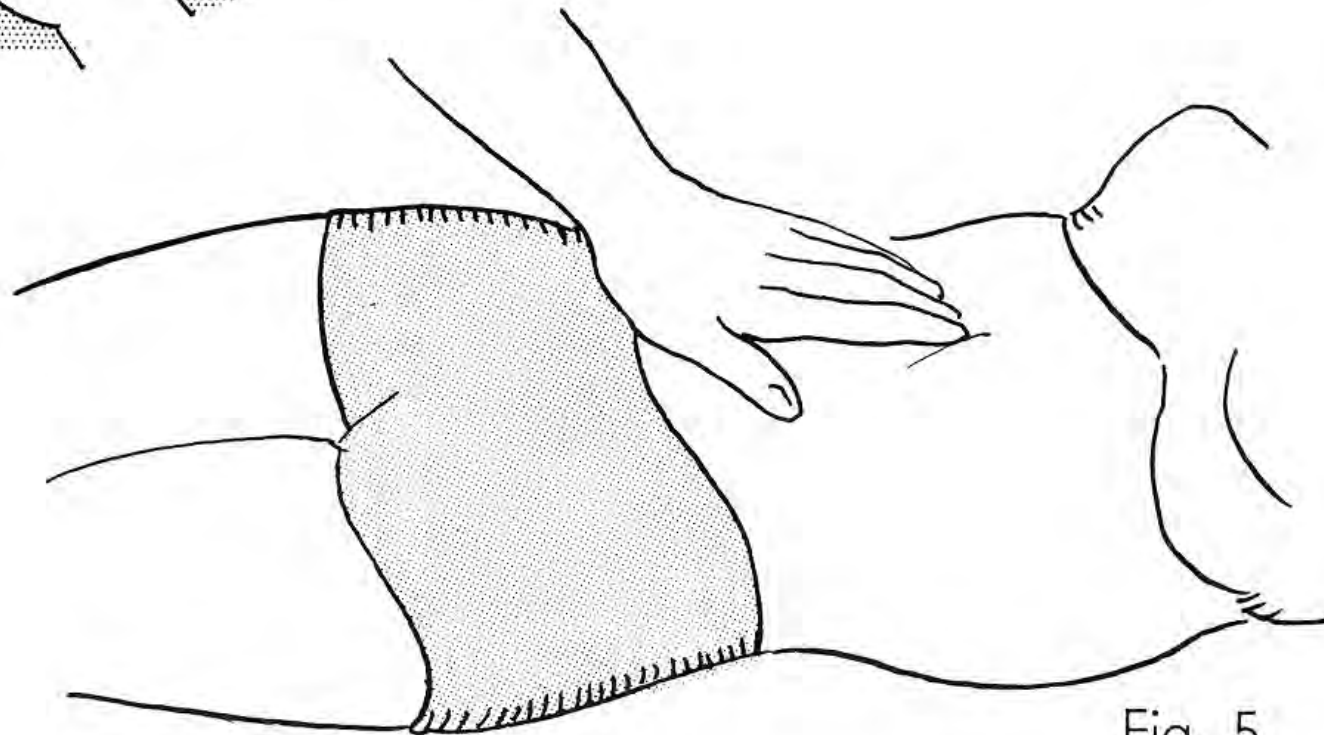
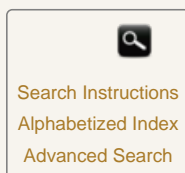


Fig. 5



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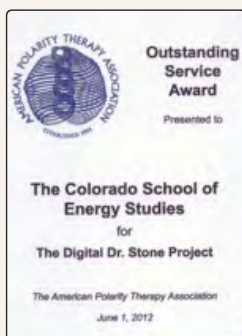
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Chart No. 9

[See [Book 3, Chart 9](#)]

Pains in the long bones ordinarily indicate anemia, exhaustion, lymphatic stasis or lack of vitamin C, calcium, manganese or sodium; however, the periodic recurring pains in the arms or legs, especially at night, are usually due to neuralgia. The pains come and go. They usually come on after the body has been exposed to the least chill or slightest draft. Even at night the pains continue like in rheumatism.

A poor digestion is the background of these symptoms. In such cases gas is present in the legs or arms, which allows but a moderate circulation. The least amount of draft stagnates the gases and neuralgic type pains appear.

The old-time remedy for this was warmth by wearing woollens and red flannels. Heat or warmth tends to alleviate the pain, and may be applied in the nature of a heat lamp or electric pad, or hot vinegar and water compresses, etc. A counter-irritant like Capsicum, hot mustard or horseradish plasters are old-fashioned remedies. They give relief but do not correct the cause. The function of the liver, gall bladder and digestion in general must be improved in order to overcome this hypersensitiveness and recurring tendency to congestion. This may easily be done by the application of POLARITY THERAPY.

TREATMENT

In the case of soreness in the shin bone, the doctor stands on the opposite side of the leg he wants to treat so he can better contact the inside of the leg with the grip of the thumb and fingers in a firm kneading twist of the hands on the knee and thigh, in opposite directions.

FIGURE 1: The thumb and fingers of the doctor's left hand cover and firmly hold the tendons and muscles of the inner side of the thigh with an outward rotational move. The right hand makes firm gripping contacts anywhere below the knee, with an inward twisting motion.

FIGURE 2: When treating the left leg, the doctor's left hand is gently placed on the left side of the pubis in a lifting, vibrating, upward directional move. The right hand grips and kneads the calf muscles in an outward twisting motion.

FIGURE 3: While the thumb and fingers of the doctor's right hand grip the thigh muscles firmly in an upward vibrational move with an outward twisting hold, the left hand lifts the abdominal tissue over the umbilicus in a gentle grip and holds it for one minute.

These contacts are repeated until the release of obstructions is assured. When treating the right leg, the doctor stands on the left side of the table. The procedure is the same.

This and other Polarity Applications may be concluded by polarizing the head of the patient from side to side and diagonally, from the anterior to the posterior. For this the doctor stands at the head of the table, using one hand on each side where soreness is found.

If the pain in the bones is too severe and has been present for a long time, it may be necessary to apply leeches over the area and on the calves of the legs to withdraw the stagnant blood which is loaded with gases and waste products and thus enable fresh blood to circulate. For this application, see

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CHART NO. 9. POLARIZING PAINFUL ENERGY BLOCKS IN THE LONG BONES OF THE LEGS.

SPASTIC MUSCLES OVER THE ANTERIOR SUPERIOR SPINE OF THE ILIUM CAUSE THE ANTERIORITY OF THE INNOMINATE AND THE SACRUM. THE POSITIVE POLE IS THE TENSION OVER THE SHOULDER AND ON THE OUTER ARM MUSCLES ON THAT SIDE. BOTH AREAS MUST BE POLARIZED BY FIRM PRESSURE CONTACTS SIMULTANEOUSLY FOR RELEASE.

SEE CHART 13
BOOK 4

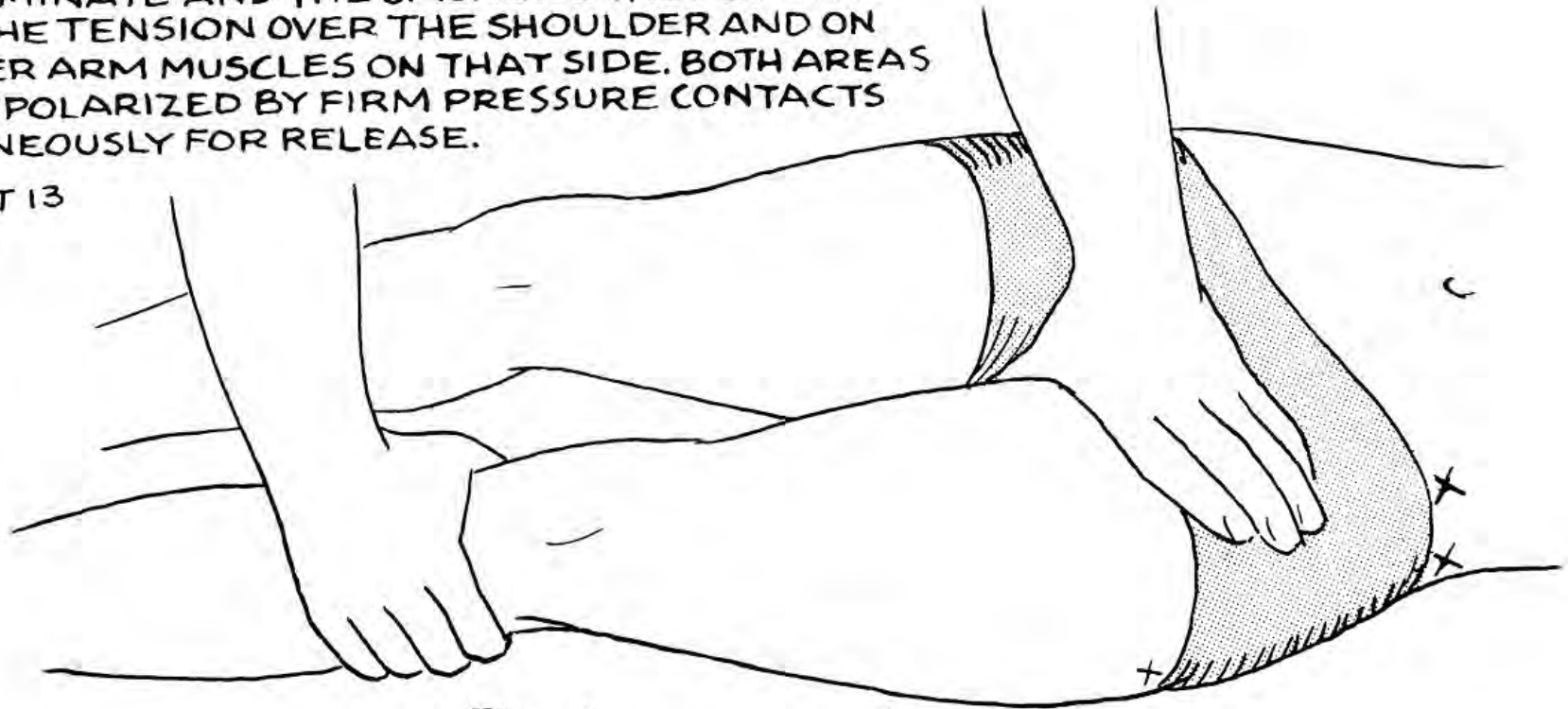
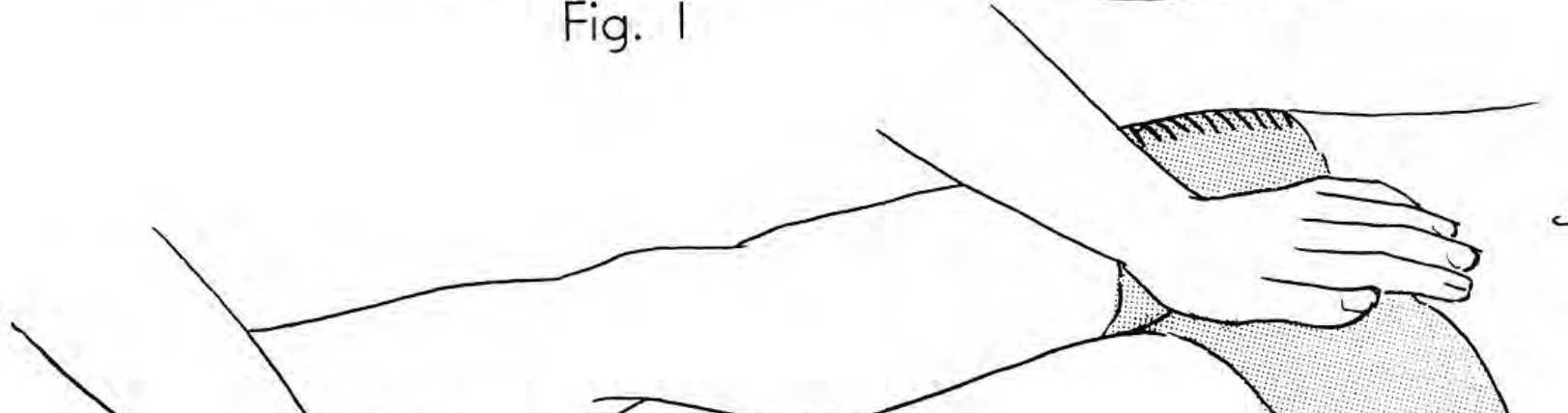


Fig. 1



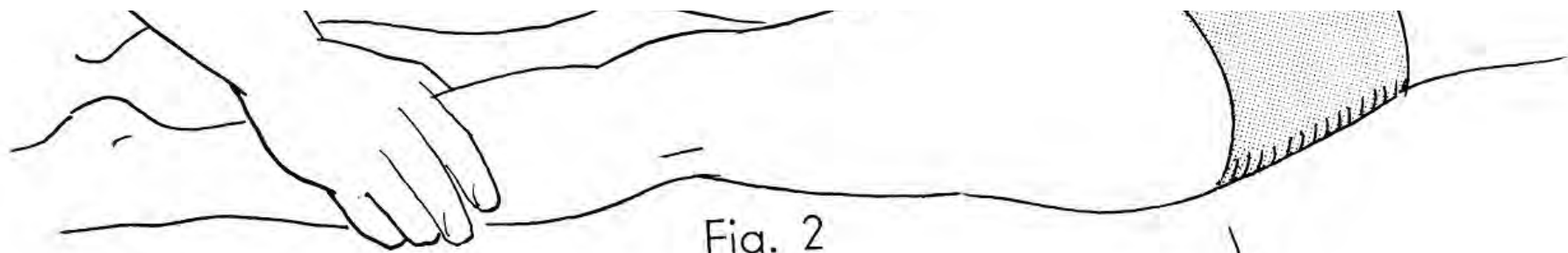


Fig. 2

THE INNER MUSCLES OF
THE THIGH ON EACH SIDE
HAVE A RELEASING EFFECT
ON PELVIC ORGANS AND MUSCLES.
LIKE THE PERINEUM, THEY ALSO
HAVE A POLARITY REFLEX TO
THE THROAT AND NECK MUSCLES.
FIRM POLARIZING CONTACTS
HERE ARE VALUABLE FOR
THROAT AND NECK RELEASE.
ESPECIALLY IN TORTICOLLIS

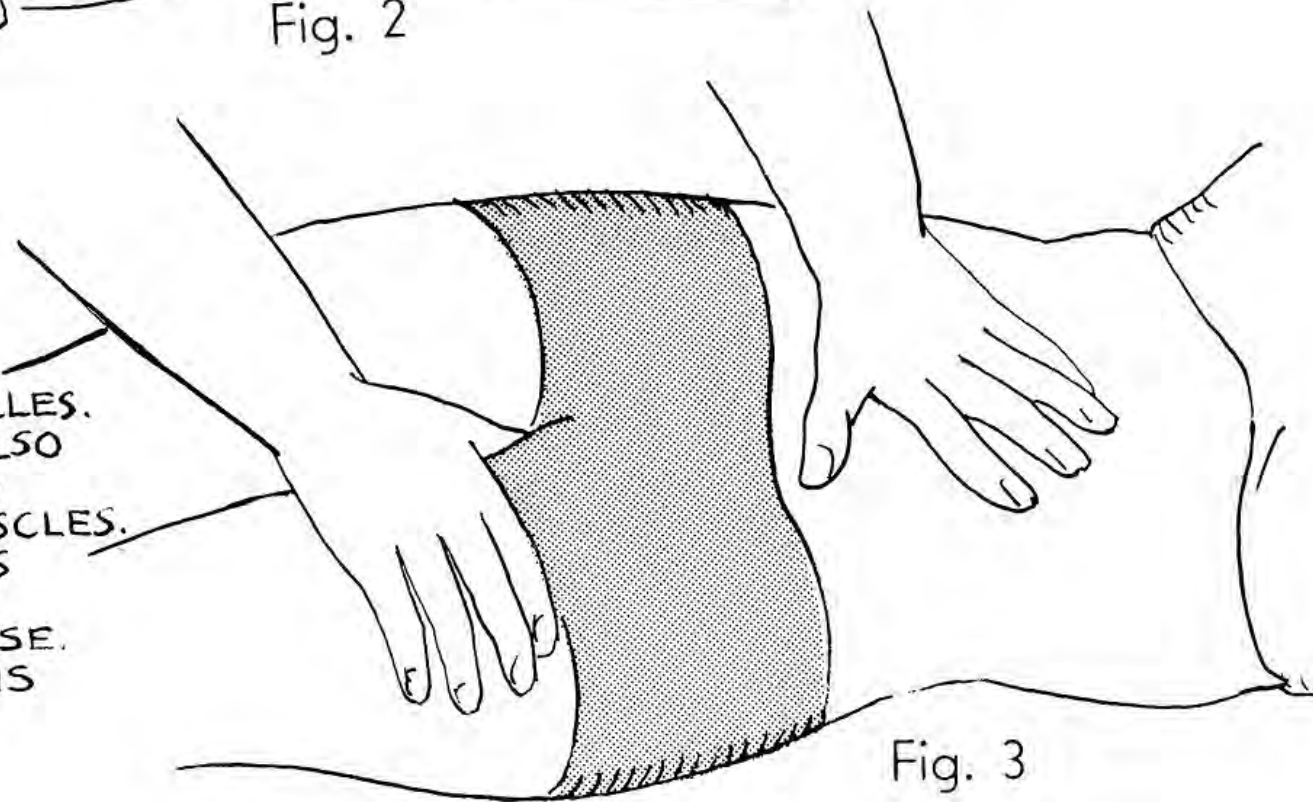
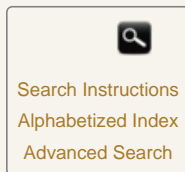


Fig. 3



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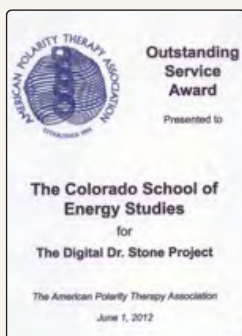
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Chart No. 10

[See [Book 3, Chart 10](#)]

The principle used in the test board is as old as the pyramids. The board shown in this chart is two feet long and one foot wide. In the center of the board is a cross divider - one lengthwise and one crosswise - at perfect right angles. A string, with a heavy plumb bob at the end of it, is suspended from the ceiling and is positioned exactly where the point falls on the center line at the end of the board. Then the string is fastened. The position of the board is then marked on the floor with indelible [indelible] ink, so water won't affect or remove the markings. In this way the board can be quickly replaced exactly where the plumb bob indicated it to be correct, no matter how often the board may be removed for cleaning purposes.

The little suction cups at the ends of the rods extending from the board, hold that end on the floor. This board can be raised for cleaning or leaned against the wall if space is needed.

The length of the board is for the purpose of a clear view of the line-up of the patient with the center line of partition, and to give room behind for the string, so the patient does not touch it.

The test board in the illustration has a little iron pipe over the right-angle partitions to hold them firm. This is not necessary. A 1" x 2" [one inch by two inch] wooden strip, securely fastened to the center of the board and one at right angles to it will do very well. A line drawn in the center of the long strip would give the line-up for the string.

TO CHECK THE LINE-UP OF THE PATIENT^[1]: The doctor sits on a stool, facing the line which is suspended from the ceiling, and lines his sight up with the center line always. The patient stands on the front half of the board, as is clearly demonstrated in [chart No. 11](#), with the back toward the doctor, heels snug up to the back stop of the center divider on the board, and the feet in a natural position, without any effort to place them or line them up with the center of the board. The knees must be free. If they interfere, then the feet should be separated but at an equal distance from the center on each side of the divider, and the heels remaining snug against the back stop.

EXAMINATION: The pulse should be taken **BEFORE** placing the patient on the board for checking the line-up. Each pulse beat relates to an energy field in Nature. Much that has been overlooked by the western world for centuries, can be discovered in this field alone. Details on the pulse are given in [the explanation of Chart No. 2](#) in this book. Next, the blood pressure should be taken to note the tension in the fluidic circulation. This reveals to the doctor an important point on whether it is advantageous for the patient to take hot baths for the relief of high blood pressure, or cold showers over the spine in cases of low blood pressure.

The gravity principle of the earth is used in every construction job, even in the laying of bricks and all the superstructure. A right angle is the shortest line to the earth in its gravity pull. The plumb bob test string represents this line. The patient is placed with the back toward this line for comparison and check of the central axis of his own gravity to that of the earth. By doing this, the comparison reveals the imbalance of the person's own gravity structure. This imbalance limits his motion and function, even though he is not in action or under the pull of gravity outside.

The person's own center of gravity in relation to his inner forces is far more

important than the center of gravity outside. Merely measuring man's relationship to gravity is not sufficient.

¹ A plumb bob or plumb line can also be used to observe a patient's posture and postural holding patterns.

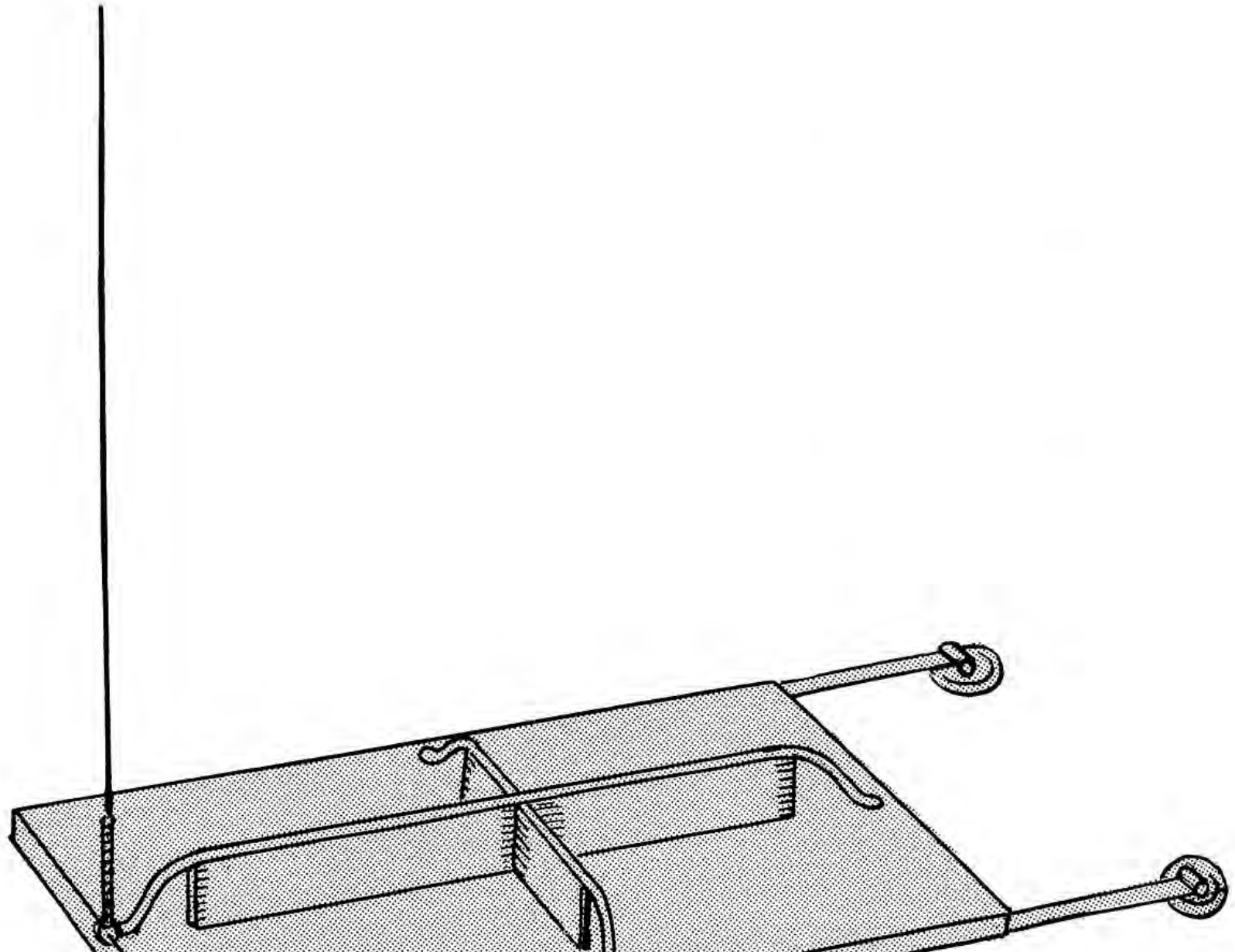
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CHART NO.10. BODY POLARITY AND GRAVITY TEST BOARD.



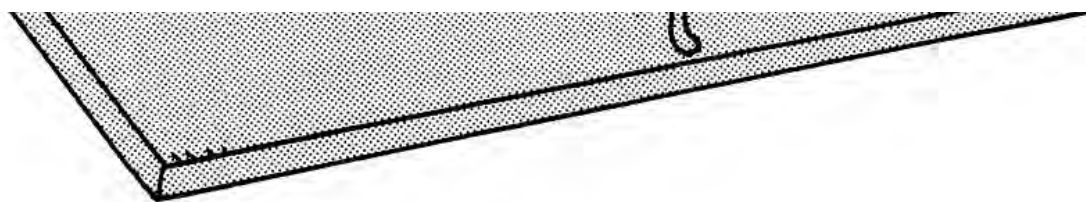


CHART NO.12. THE SPHENOID BONE AND THE COCCYX CORRESPONDENCE AS SUPERIOR AND INFERIOR POLARITY REFLEXES.

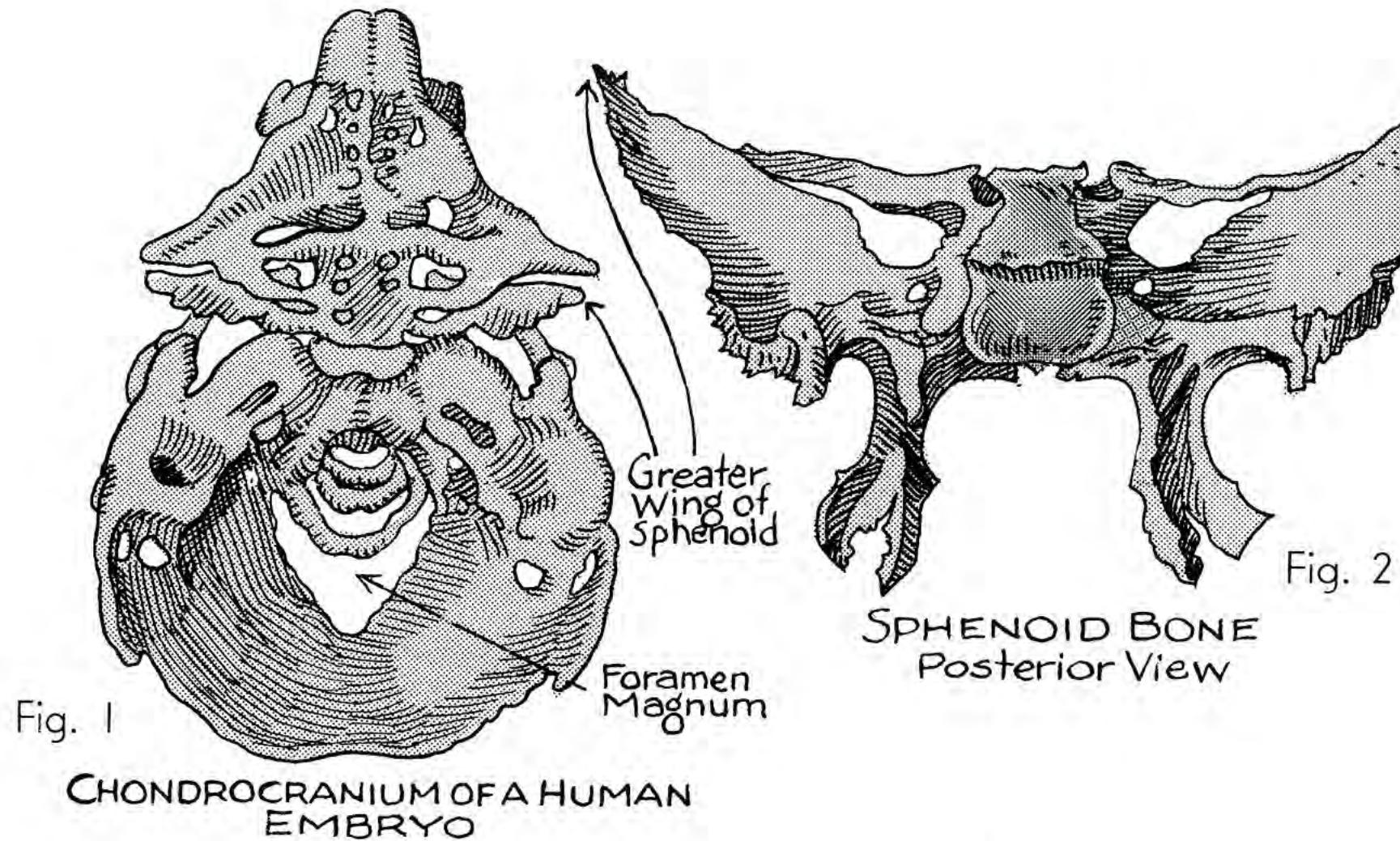




Fig. 3

SACRUM
AND COCCYX
From the
Right Side

Area of
Negative Pole
Energy Blocks.
Reflexes to Sphenoid
and Foramen Magnum



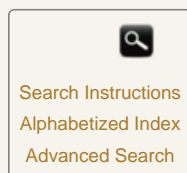
COCCYX
Front View

Fig. 4



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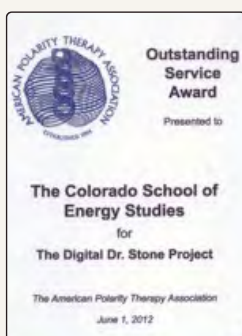
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Chart No. 12

[See [Book 3, Chart 12](#)]

A graphic description is given here of the sphenoid bone as the positive pole of the coccyx, the sphenoid being located superiorly and mostly anterior while the coccyx is the inferior and posterior extremity of the spine. Opposite polarity and corresponding relationships exist between them.

In physiology, the ganglion of impar is located anteriorly to the coccyx and the superior pole is in the ganglion of Ribes' in the brain. Many surprising beneficial polarity reflexes can be elicited here. The sensory, soft tissue reflexes are used to good advantage in the Perineal Technique, especially in emotional cases and in pain due to pregnancy, as is explained in detail in books I^[1] and II^[2].

Neck tension also has its polarity reflex in the soft tissue of the perineum, on either side and below the coccyx, and can be released there. (For coccyx treatment, please refer to [chart No. 19](#) in book II, also perineal treatment charts No. [30](#) and [31](#) in book II.)

This polarity combination represents the densest force of vital concentration in the negative pole below and the more rarified life energy of 'Prana' above, in the neck and in the front of the skull, as the positive fields of sensation.

The anterior sphincter has its polarity reflex in the throat. The polarity reflex of dryness, cough and tickling in the throat, when not due to cold, is found in the rectal sphincter. The tightness in the anterior portion of the sphincter muscles is a negative factor of the irritation in the throat and has its positive polarity reflex in the swallowing mechanism. The anterior portion of the throat reflexes to the anterior portion of the sphincter ani, and the posterior portion of the neck to the posterior portion of the sphincter ani. A band of tight muscles under the jaw, as well as the watery eyes in such conditions, are the associated positive polarity reflexes to the throat. The septum of the nose and the nasopharynx have spots of irritation which need to be treated and polarized for best results in such conditions.

The rectal sphincters and the gullet respond to each other as positive and negative areas. The functions of deglutition [swallowing] and defecation are opposite [opposite] factors as positive intake and negative expulsion. The relationship is clear without further elucidation.

TREATMENT: An external contact is made on the tight sphincter ani, anteriorly, first on one side and then on the other, and gently lifted superiorly and posteriorly. The contact is held until relaxation begins. One minute is sufficient for the contact. Then rest and repeat the same as in Perineal Technique. It may be well to repeat that one does not enter the orifice in giving this treatment, as the most sensitive fibers are external, in the skin. Rectal dilation is sometimes indicated and when that is necessary, it should be done with gloved and well-lubricated fingers, and not with harsh instruments.

For Polarity contact in giving the Perineal Treatment, also contact the tight muscle under the jaw, superiorly, above the point of irritation, and hold it for the same length of time with the other hand. (See detailed description of Perineal Technique in book I^[1] and [chart No. 30](#) in book II for the release of sensory blocks. For congestion and lumps on the side of the coccyx, see Fig. 3 of [chart No. 19](#) in book II, which illustrates the contacts to be used in Polarity Therapy.)

¹ Book 1, [Chart 8](#).

² Book 2, Charts [30](#) and [31](#).

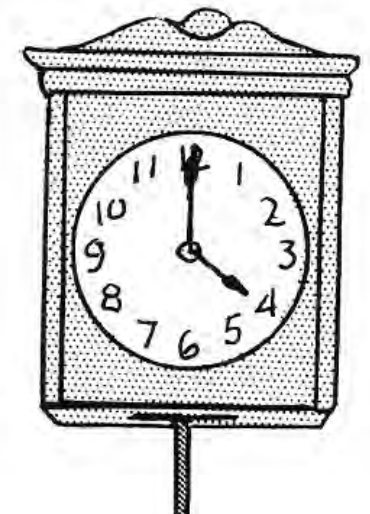
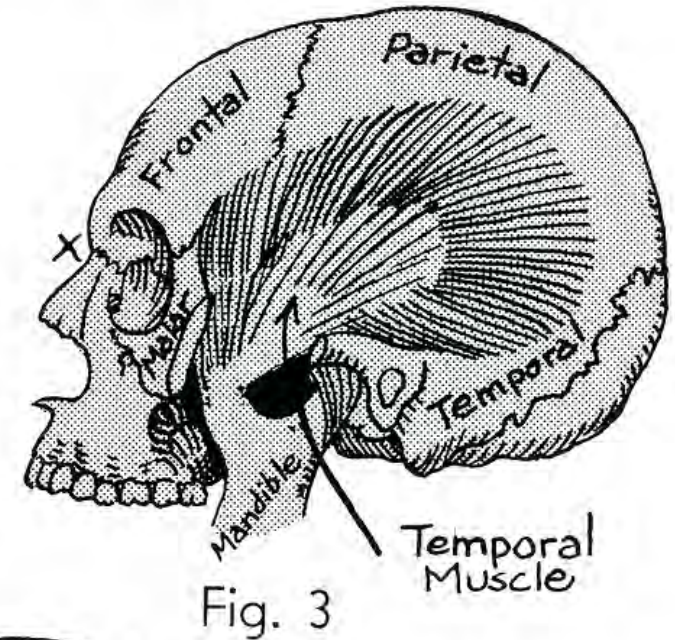
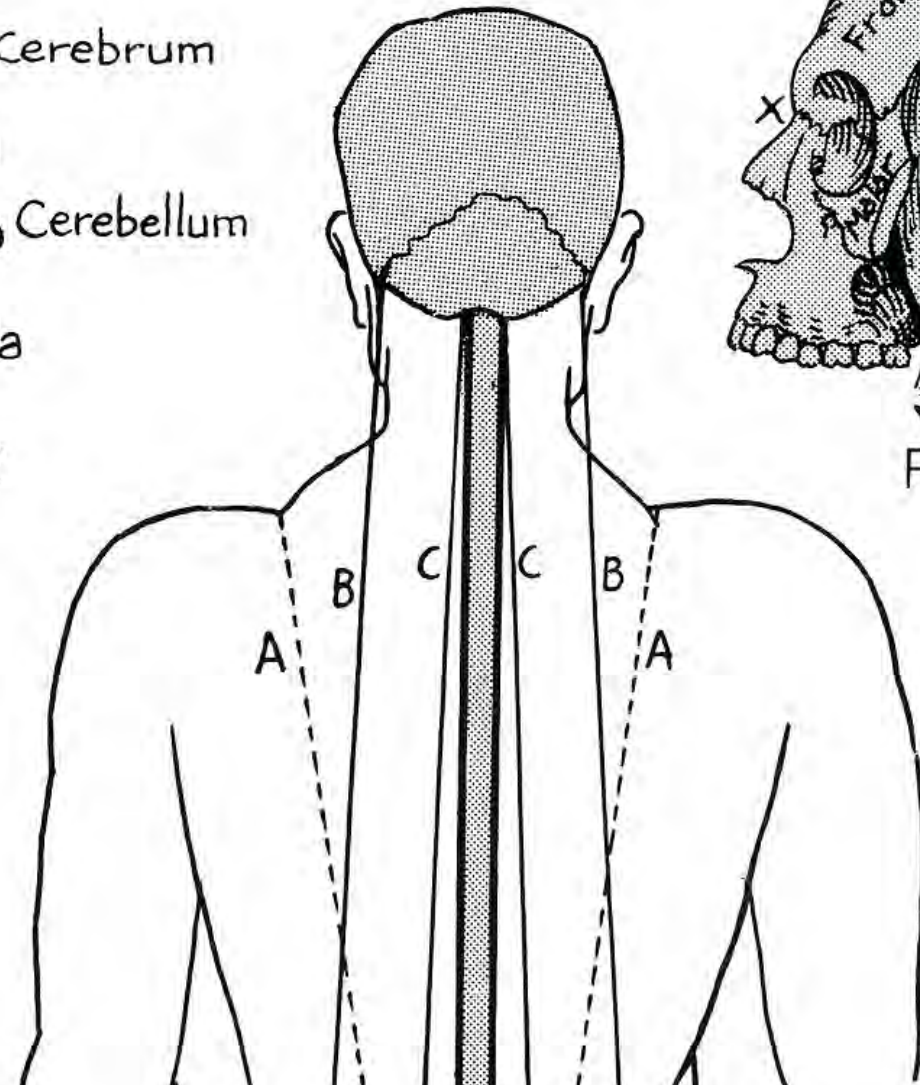
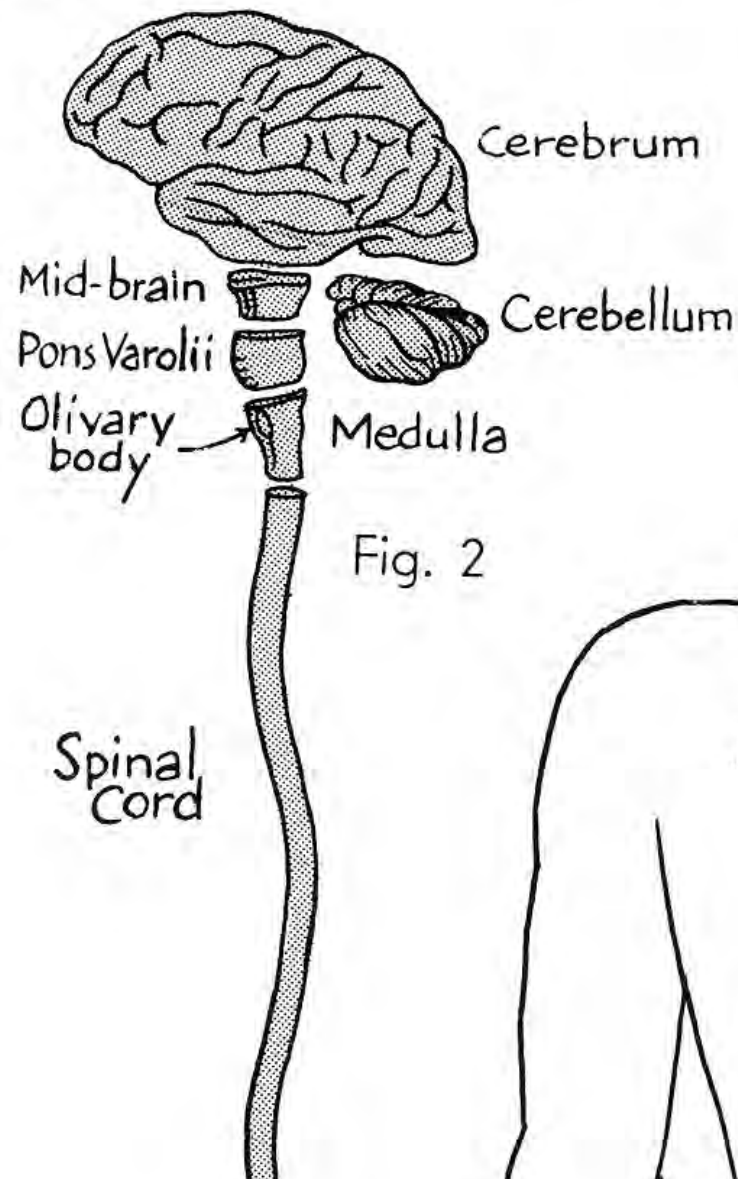
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CHART NO.13. MIND THE PRIMAL CENTRIFUGAL ENERGY OF THE SOUL FLOWING OVER THE FIELD OF THE BRAIN, SPINAL CORD AND NERVES IN THE MEDIA OF THE CEREBRO-SPINAL FLUID AS LINES OF BALANCE, AND STRUCTURAL RELATIONSHIP OF PATTERN ENERGY.





POSTERIOR VIEW
OF BRAIN
WITH SYMBOLIC
WINGS OF THE SOUL

Fig. 5

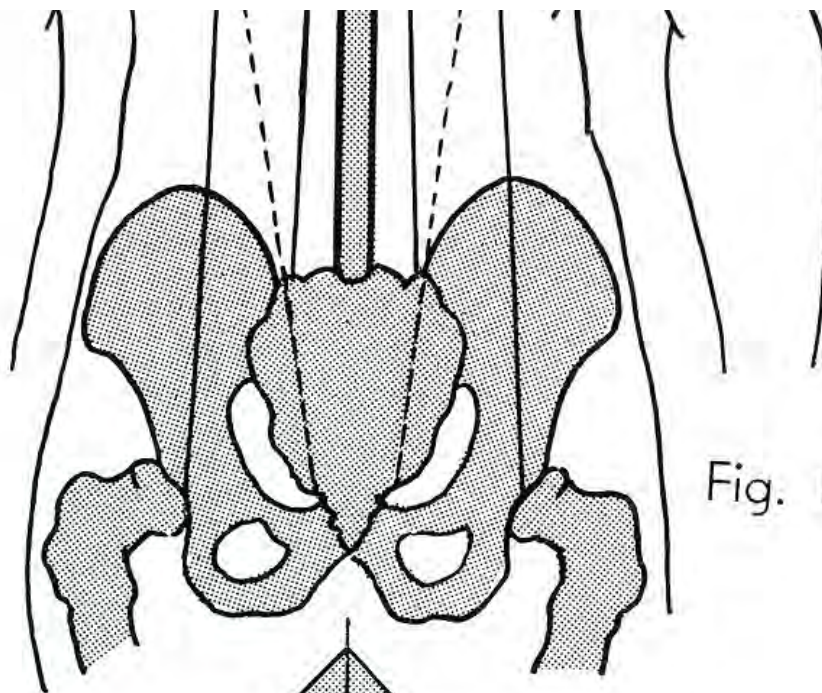


Fig. 1

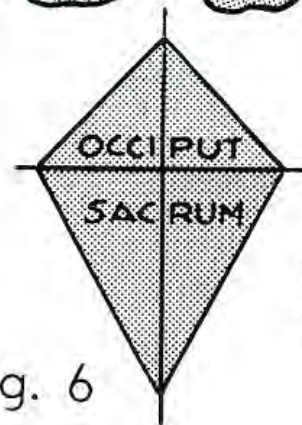


Fig. 6

GYROSCOPIC
BALANCE ACTION
IN THE BODY.

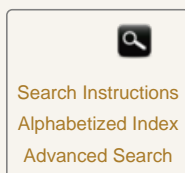


Fig. 4



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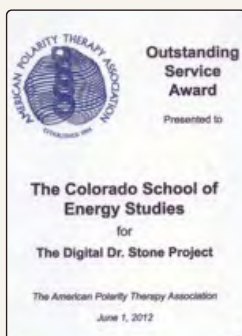
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Chart No. 13

[See [Book 3, Chart 13](#)]

The central figure of this chart shows an over-all relation of the head to the sacrum, as a clock, when compared to that shown in figure 4. The spinal cord represents the pendulum stem, and the weight at the end symbolizes the sacrum, and the coccyx as the tip of it.

All the vital impulses of motor energy which the soul or being brings with it in its life embodiment on this earth, is lodged in the sacrum of that being. The sacrum ticks these off as a vital measuring stick at the end of travel of the cerebral impulses in the head, very much like the works in a clock. The face shows the sensory impressions just as the hands do on the face of the clock. The motor impulses support all sensory impulses which reach it for expression in action. These impulses become actual forces in the finer fields of emotion and mind, in their upward and outward travel in expression. The sacrum moves very little in its two articulations. A lateral tilt or a twist is the usual finding, as anterior and inferior on one side. But the swing of the forces involved may exert an unusual pull on the sacrum and result in exaggerated symptoms entirely out of proportion with its physical position.

The sockets of the two hip joints as shown in line "B" are definitely related to the mandibular articulation of the temporal bone, even as the innominate [hip] bone is the negative pole of the temporal bone, as shown in charts No. 4 and 5 in this book. That is why sensation of balance through the ears affects the gravity relationship of the body. It is through POLARITY action of representative fields of positive poles above to negative fields below that these results follow as sequences. It is simple in its structural relationship, but it can hardly be traced by nerve connections, as we have been accustomed. The study of the Wireless POLARITY fields opens up a new vista for the doctor and the patient. The atom is not greater than man. It is but the tiniest particle of the material body.^[1]

Line "C" on the central figure of the chart correlates the foramen magnum with the sacroiliac articulation, which governs the position of the head. The position of the head indicates the position of the sacral base and its muscular tension. The usual lesions are inferior or anterior which not only fail to support the superior structure but draw it down through muscular attachment and polarity as well as gravity pull.

The apex of the sacrum is shown by line "A". It is indicated by the shoulder levels at the center. These lines of index reveal much of the structural imbalance and positioning. They are valuable aids in detecting sacral polarity action in relation to its internal organs and to gravity outside. The mechanical position only indicates the repelling or attracting forces which are in excess on either side as well as anteriorly and posteriorly.

Vital structural and motor forces are locked up in the cerebrospinal fluid in the sacrum, which makes it a key-positioning factor. It is the energy in the fluid that does it, and not the bone.

Fig. 3 shows the mandibular joint in relation to line "B" on the central figure. It also shows the temporal bone and its muscular outline as the positive pole of the innominate [hip] bone. The occipital bone as the base of the skull is also shown. It plays a vital role in this relationship through direct muscular attachments to the sacral region below.

The parietal bones as the roof and sides of the skull, carry wireless polarity

impulses from each side of the body, and must not be overlooked in correcting lateral polarity reflexes back to

¹ The Standard Model of subatomic particles, including quarks and bosons, was developed in the 1960's and 70's and continues to be studied and refined to this day.

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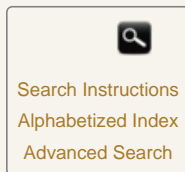
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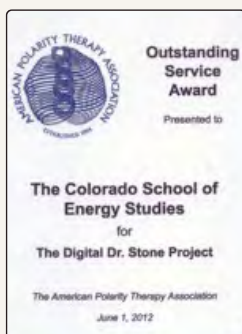
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Chart No. 14

[See [Book 3, Chart 14](#)]

Figure 1 shows the corrective position and the treatment used in cases where the patient, on the gravity line-up, showed folds and grooves on the left side of the body under the shoulder blade, indicating a superior and posterior sacral base on that side, and an anterior-inferior base on the right side. In such cases, a right lateral curvature of the spine opposite the folds compensates the doubling up of the tissues on the left side.

The operator's middle finger of the left hand contacts the sacral apex from a posterior-inferior angle, then gently lifts and vibrates the base in a superior-posterior direction. Light, rhythmic impulses are used. The right hand is on the innominate [hip], with a gentle hold, in an upward and toward-the-table direction for the inferior sacral base on the right side. The wedge-shaped cushion placed under the hips, as shown in the chart, favors this correction. A similar pillow may be placed under the head to increase the corrective curve of the spine. The higher the curve is located on the spine, the bigger the head cushion should be to assist correction. When the compensatory curve is in the lower region of the spine, the hip cushion should be placed below the hip joint.

In cases where the opposite side is so affected, the patient lies on the right side and the doctor treats accordingly for spinal curvature and sacral base correction. Stubborn fourth and fifth lumbar [L4, L5] are usually due to sacral conditions.

This corrective position and treatment restores the patient's own center of gravity as well as his relationship to the gravity of the earth. This can be verified by checking the patient on the test board with the plumb line before and after treatment.

Give this simple, gentle and rhythmic treatment for one minute, then rest one minute and repeat four or five times. Then check again on the test board and note the improvement.

A sacral adjustment may also be given in that position, with the finger contact on the apex of the anterior base side, the thumb on the head of the femur and the knee at right angles to the body, as shown in figure 3 of [chart No. 20](#) in this book.

Fig. 2 illustrates the contact above the pubis and about the center of Poupart's [inguinal] ligament, with the thumb of the operator's right hand over the right sacral base for an anterior correction of it by the assistance of leverage with the aid of the operator's left-hand contact above. The thumb is as close to Poupart's [inguinal] ligament as possible to start with, until contact over the sacrum is made. The treatment is given with the patient exhaling the breath as you gently lift the head and the upper part of the body forward with the other hand. Then relax and repeat about four or five times. Then check the patient on the test board again and note how favorably this correction affects the line-up in general and the sacrum specifically as well as the short leg. This is a powerful move, effective in difficult and stubborn cases where gentle rhythm impulses fail to make a correction which stays put. [Chart No. 19](#) in book II is similar; however, in this book the objective of correction is the anterior sacral base whereas in book II [chart No. 19](#) shows the correction of abdominal muscle pull.

This may be followed up with a general stretch by means of a gentle, rhythmic pull on the head, which releases the compressed inter-vertebral

discs all along the spinal column. This move is shown in figure 3 of [chart No. 25](#) in this book and in figure 2 of [chart No. 7](#) in book IV.

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Book 4: The Mysterious Sacrum - The Key to Body Structure & Function



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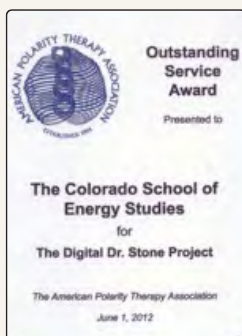
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Comments on Reprint of [Chart No. 14 from Book III](#)

The finger contact is on the apex of the sacrum and is used in a gentle directional vibration.

The hand on the hip gives an upward and toward-the-table rocking directional movement to open the way for the sacral position.

The apex contact is held steady during this time.

Rock, hold, rest; then repeat a few times.

Then have the patient stand for line-up again and you will be amazed at the wonderful results, even in many unyielding cases previously treated by other methods.

Figure 2 in this chart shows an anterior sacral base correction.

The contact is made with the thumb, near the middle of Poupart's [inguinal] ligament and close to it until you feel the sacrum under it. Make a soft-cushion contact of the thumb, like a rocker arm, and not stiff like a point. A firm but gentle contact makes this a powerful correction for the more stubborn anterior sacral base condition.

Have the patient inhale first, then slowly exhale as you lift the head, so the exhalation is complete by the time the head is raised as far as toleration will permit. Start slowly, with short lifts, and increase the stretch as you repeat the move three or four times. Another check-up against the plumbline [plumb-line] will reveal the surprising amount of correction obtained by this simple POLARITY THERAPY.

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CHART NO.14. SACRAL BALANCING TECHNIQUE BY VIBRATORY DIRECTIONAL IMPULSES AND POSITION.

CORRECTING A LATERAL TILT OF THE SACRUM, WITH THE INFERIOR BASE ON THE SIDE OF THE LATERAL SPINAL CURVE.

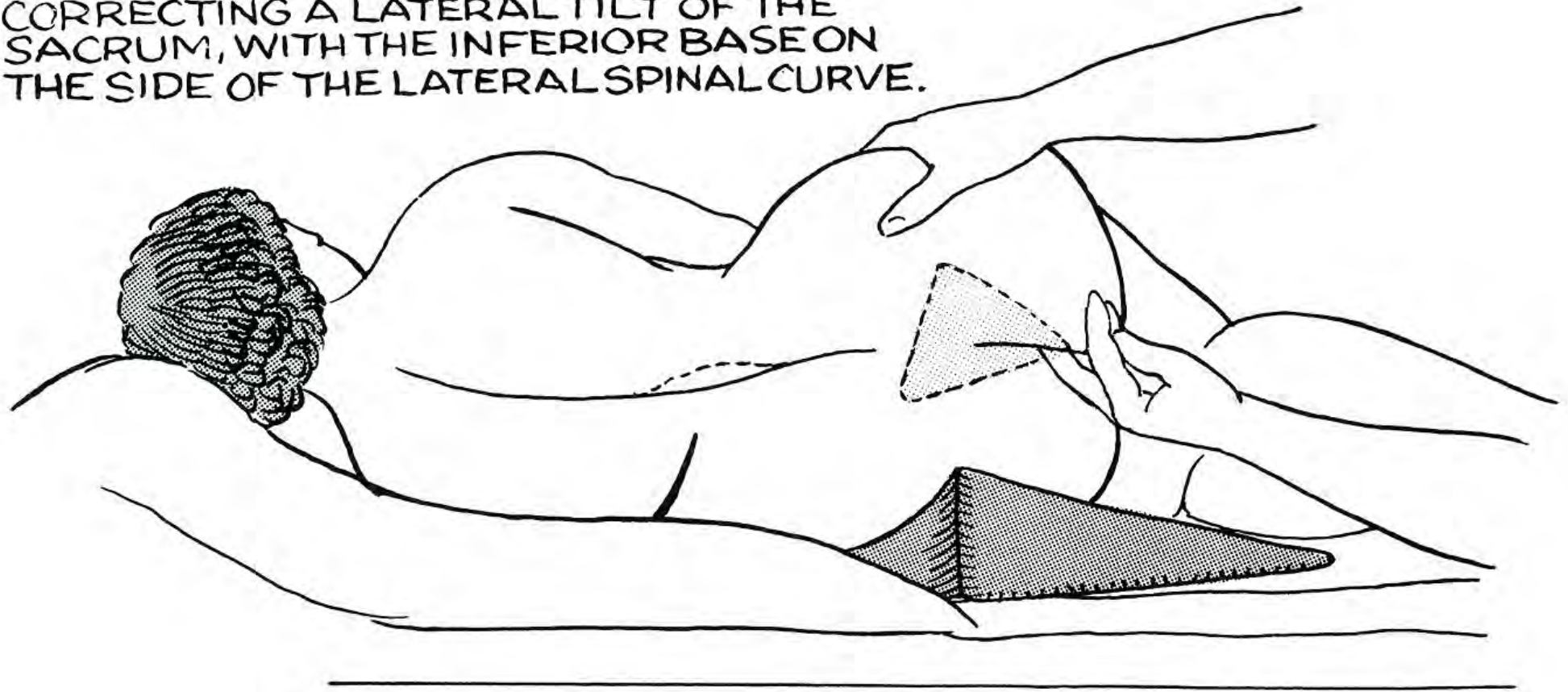


Fig. 1

CORRECTION OF A RIGHT ANTERIOR
SACRAL BASE BY LEVERAGE AND



DIRECTIONAL CONTACT.

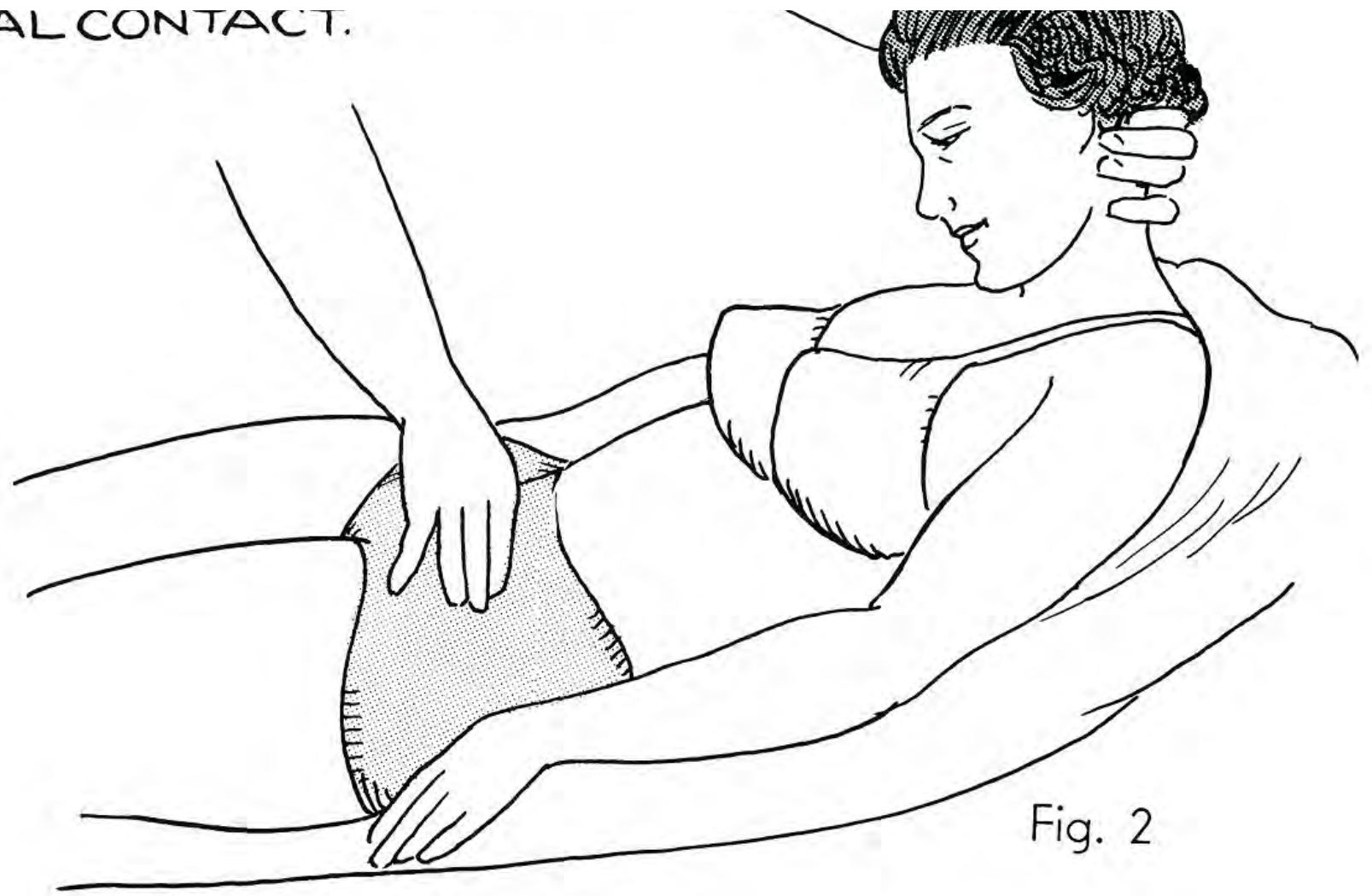
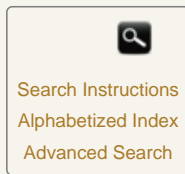


Fig. 2



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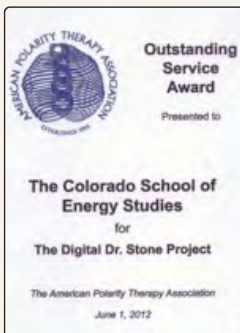
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Chart No. 15

[See [Book 3, Chart 15](#)]

Figure 1 shows a contact on the sacral apex with the middle finger of the right hand, in an upward direction, for an inferiorly based sacrum with an anterior base. The left middle finger is placed on the posterior-superior spine of the ilium [PSIS], holding it in its place while the impulses from the right-hand finger gently move the sacral apex superiorly and slightly posterior. This gives the base a superior impulse, with an anterior release from the innominate [hip], by co-ordinating the impulses. This is gentle preparatory correction for bad cases of this trouble with much pain. Please see [chart No. 29](#) in book II for muscular Polarity reflex release.

Figure 2 portrays the impulse and contact directed as a POLARITY BALANCE with the foramen magnum and the atlas [C1], in that area. The lower contact is the same as that shown in figure 1. The upper contact is held still while the impulses are gently directed upward, toward the head by the lower contact. This is a relaxing and balancing treatment of superior and inferior fields by POLARITY THERAPY.

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CHART NO. 15. VIBRATORY POSTERIOR SACRAL AND
INNOMINATE TECHNIQUE.

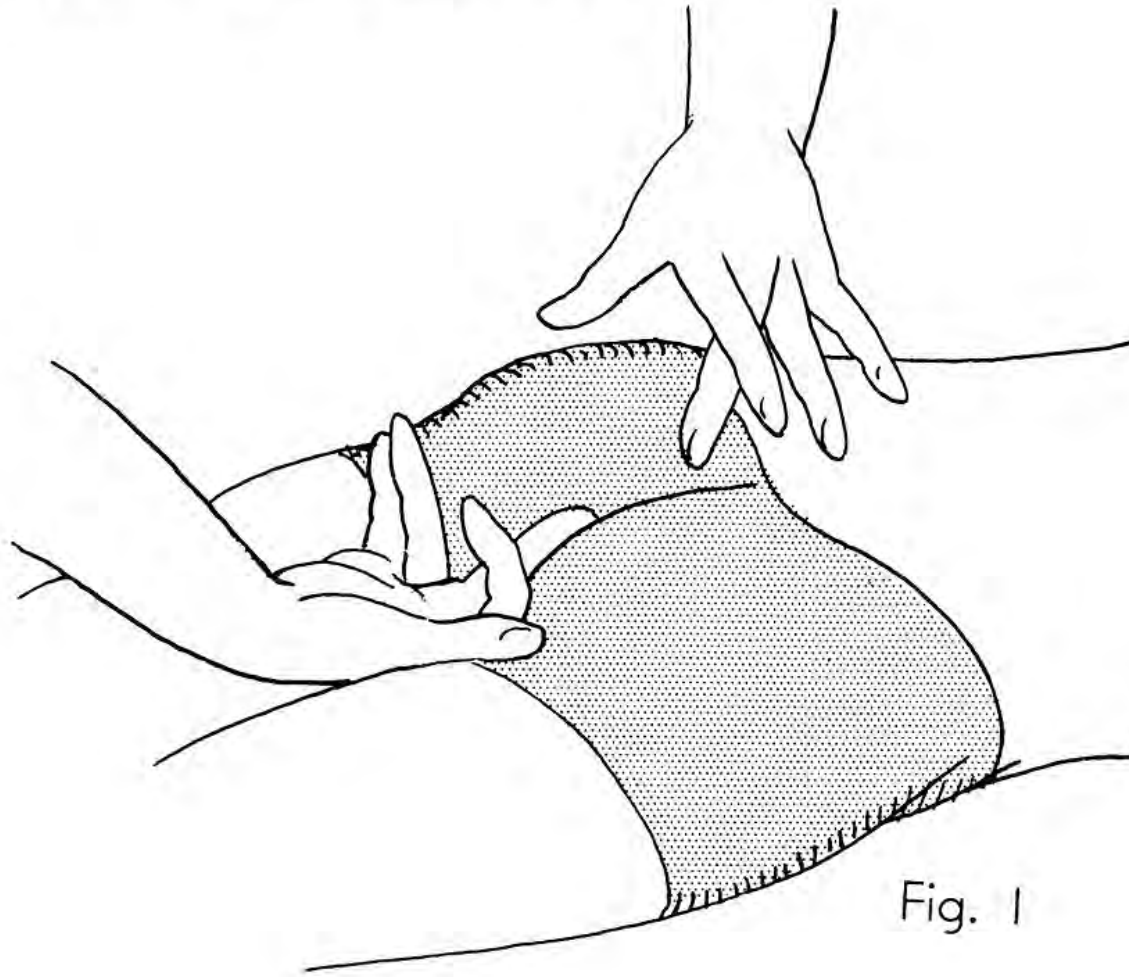
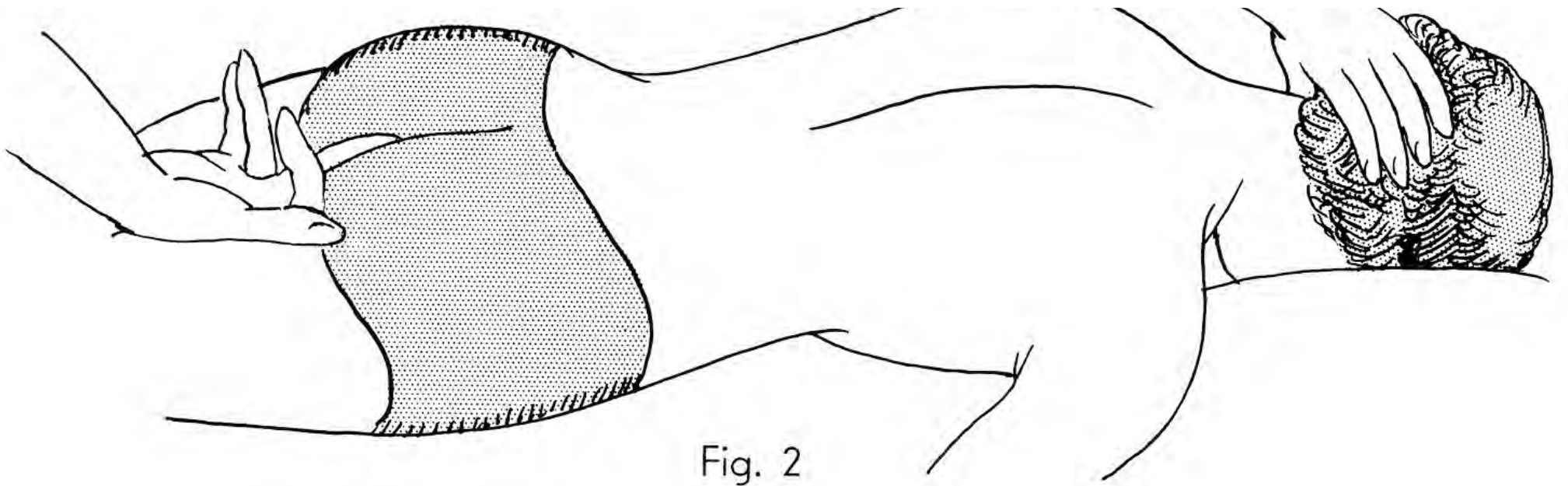


Fig. 1

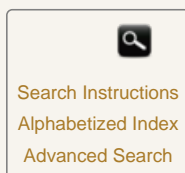
SACRAL, TEMPORAL AND
OCCIPITAL BONE POLARIZATION.





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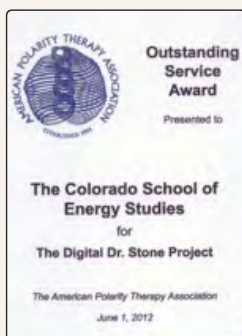
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Chart No. 16

[See [Book 3, Chart 16](#)]

The contact shown in figure 1 is for polarizing the innominate [hip], the temporal and occipital bones on the left side.

For giving this treatment the doctor stands at the head of the table, to the left side of the patient. The left hand, with three curved fingers, makes a contact directly behind the ear, on the temporal bone and occipital base. The thumb and the little finger are free because they do not fit the precise contact here. The right hand is laid on the left innominate [hip] bone and held steady. A slight traction is used for the active contact between the two points and can be held steadily for about one minute for relaxation, or vibrated for one minute if stimulation is desired.

This treatment is definitely indicated in all cases of ear trouble as well as hip pain, distortions and posteriorities. It POLARIZES AND RELEASES both regions for further correction.

The temporal bone is the positive pole of the innominate [hip] bone, as illustrated in [chart No. 13](#), figure 1, in this book; also in circle 2 of [chart No. 5](#) in this book.

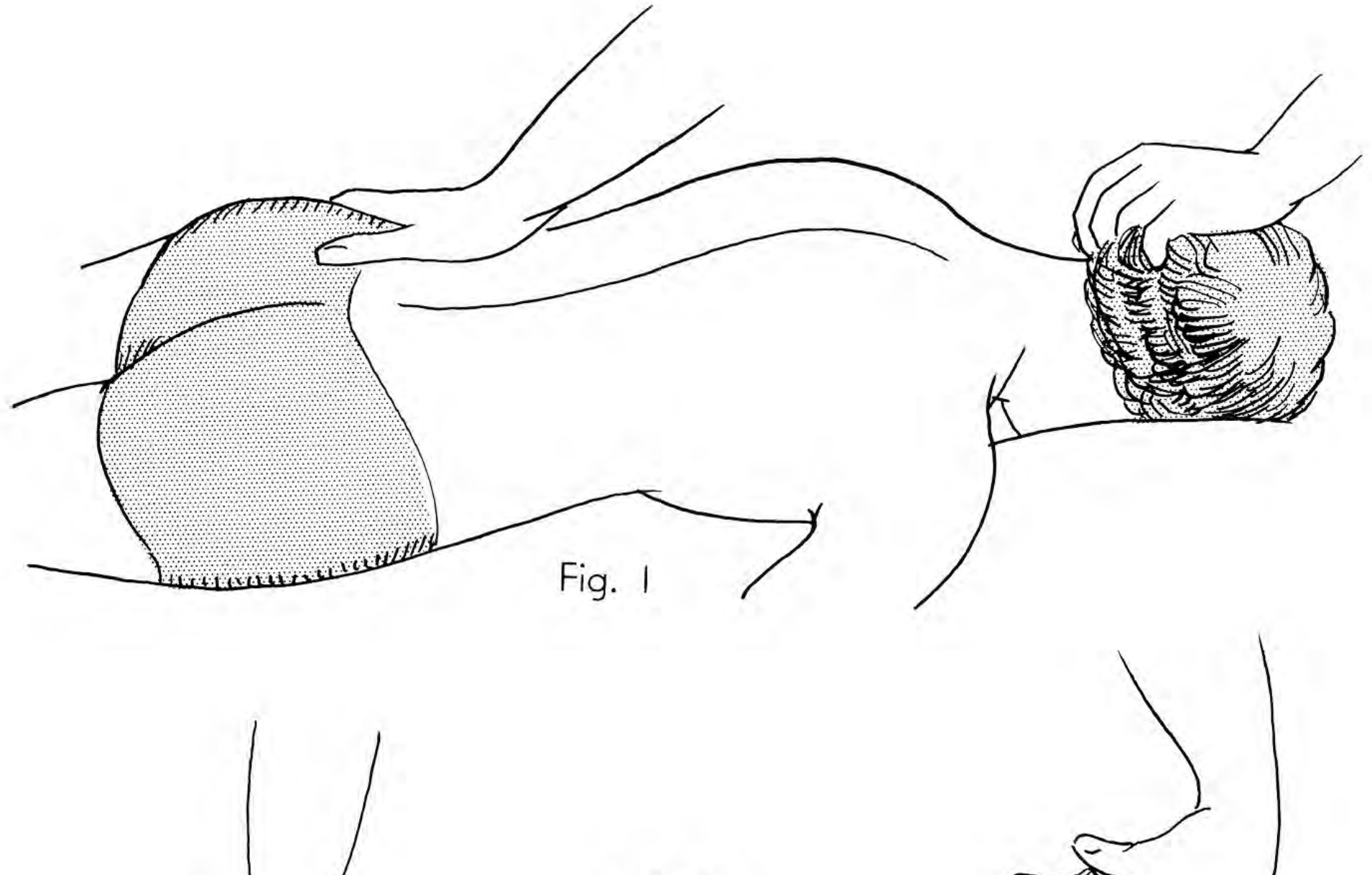
Figure 2: Manipulating the umbilicus against the tension field, and polarizing the abdominal pole of the fiery power of digestion, with the supra-orbital [supraorbital] notch contact for eye strain and tension on either side; a very effective treatment when the congestion or block is there.

A bipolar contact is also possible over the bridge of the nose, with slight lateral and upward movement, together with the umbilical contact with the other hand.

The eyes and the stomach are opposite poles. Proverbially, the eyes are bigger than the stomach and its digestive capacity. Spots before the eyes are also due to liver and gall bladder upsets, when the fire of digestion is overloaded and blocks occur which act as flickers and shutters to the center of vision, the positive pole of the Fire Principle [Yang¹] in the body. Digestion is its neuter [neutral] pole.

¹ To alleviate confusion between the Three Principles (Fire, Water and Air) and the Five Elements (Ether, Air, Fire, Water and Earth), many Polarity practitioners refer to Dr. Stone's "Fiery Principle" as "Yang," his "Watery Principle" as "Yin," and his "Airy Principle" as "Neutral" or "Tao." See [The Three Principles and Five Elements](#) for more information.

CHART NO.16. INNOMINATE, TEMPORAL AND OCCIPITAL RELEASE.



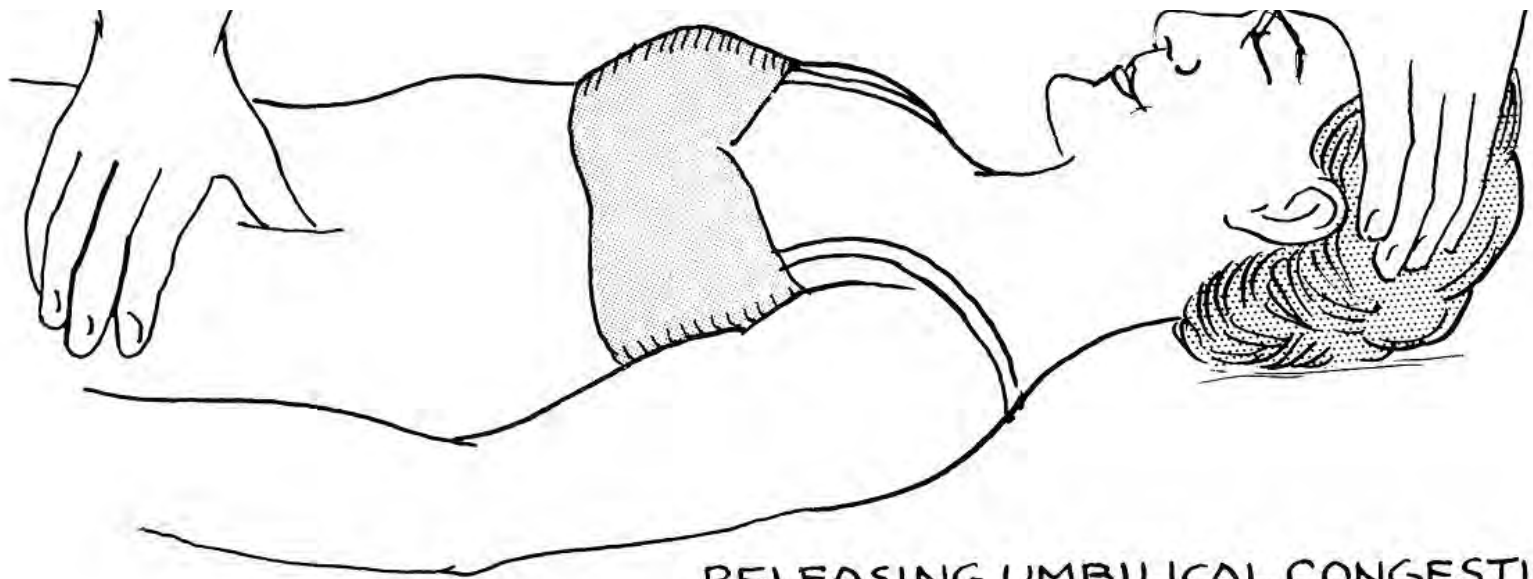


Fig. 2

RELEASING UMBILICAL CONGESTION
FOR EYE TROUBLE AND POLARIZING
IT WITH THE SUPRA-ORBITAL NOTCH
BY A CONTACT OF THE LEFT THUMB.

CHART NO.17. POLARIZING THROAT REFLEXES FROM THE WEB BETWEEN THE THUMB AND THE SORE SPOTS ON TOP OF THE HEAD ON THAT SIDE.

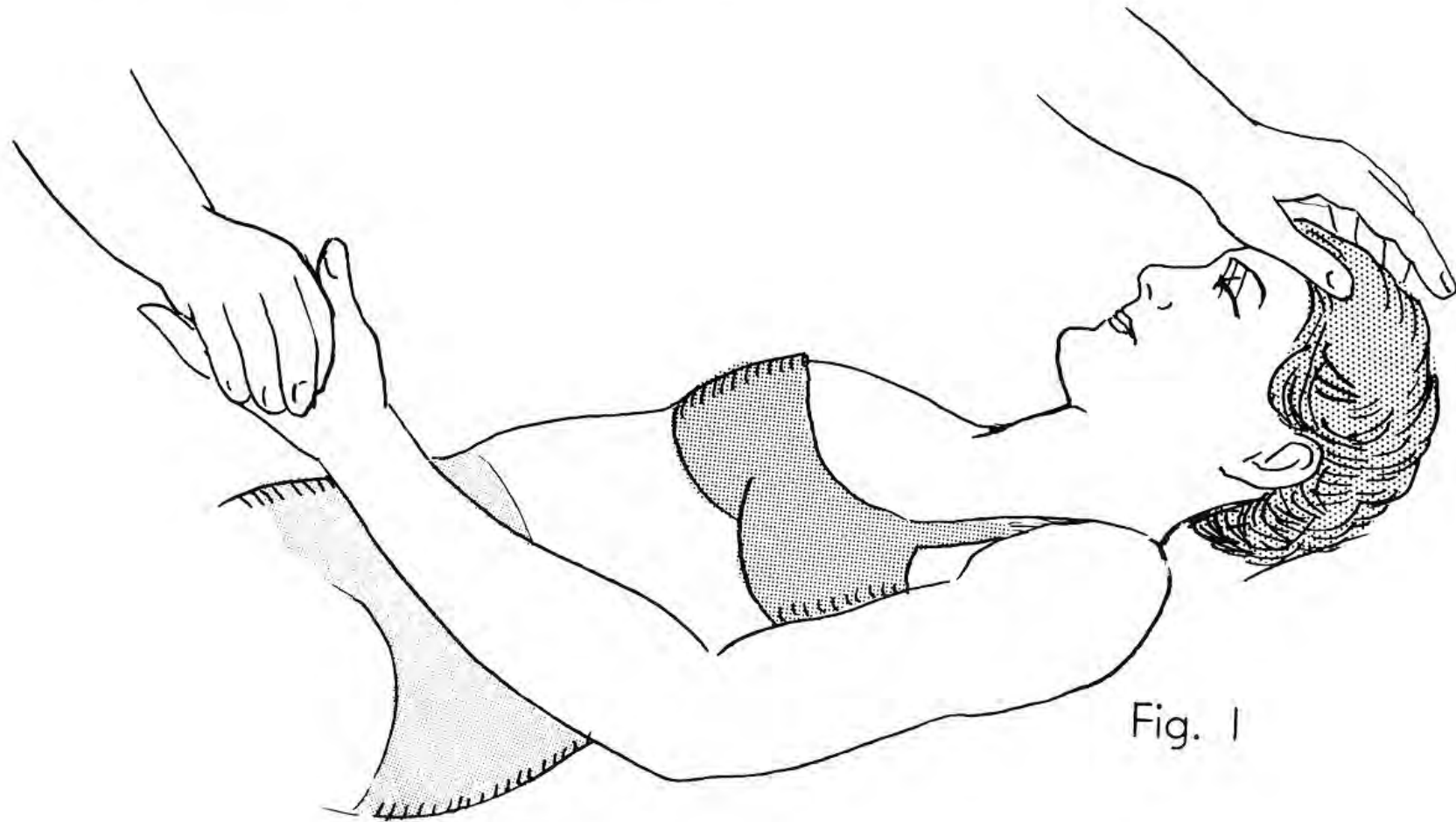
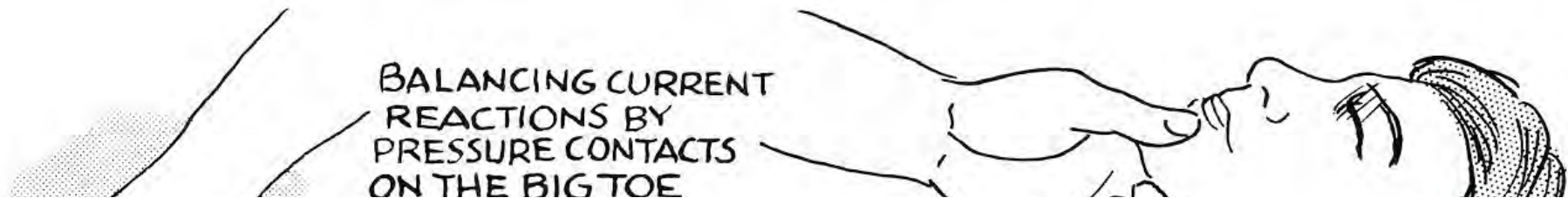


Fig. 1

BALANCING CURRENT
REACTIONS BY
PRESSURE CONTACTS
ON THE BIG TOE



AND THE CHIN
ON THAT SIDE.

Fig. 2

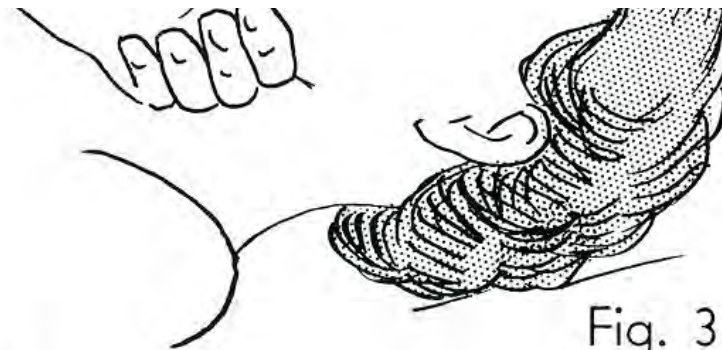
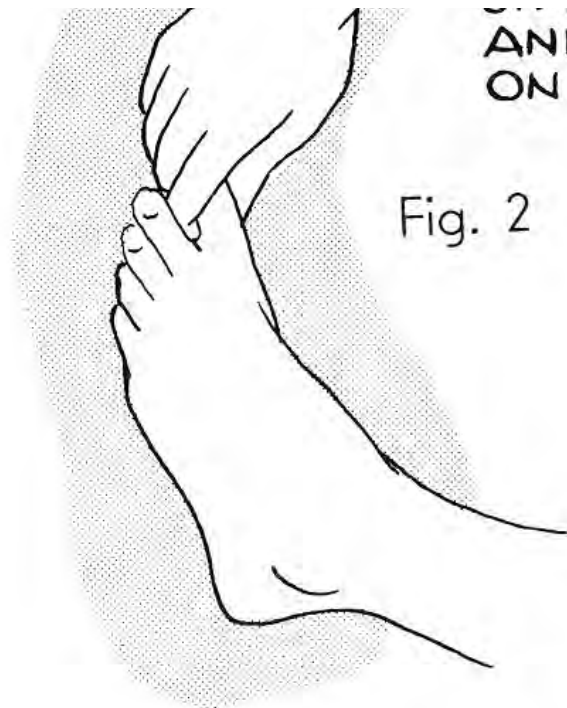
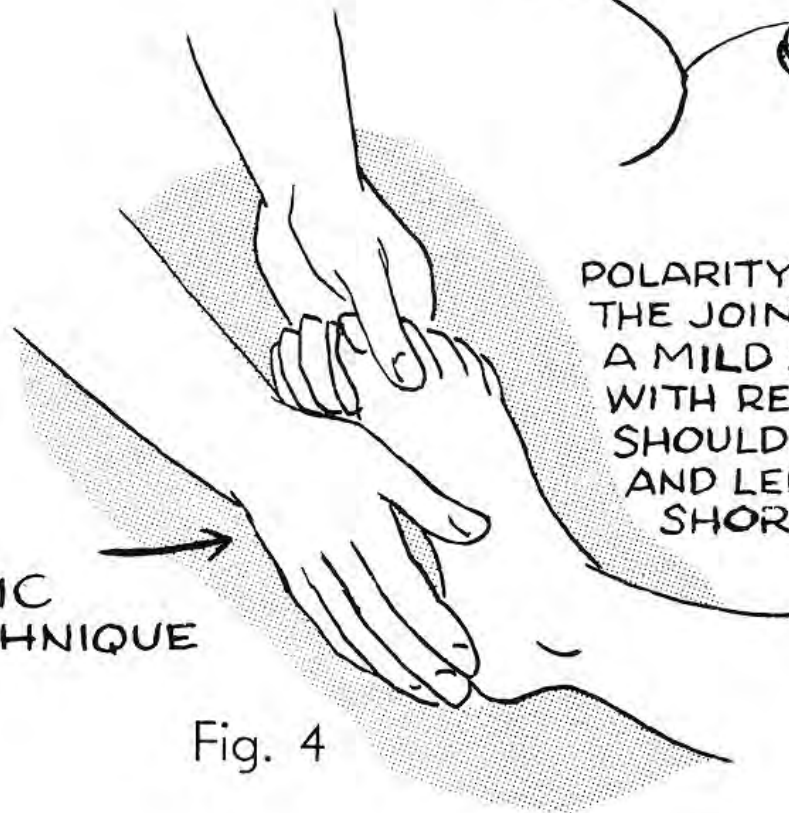


Fig. 3

POLARITY REFLEXES FOUND IN
THE JOINTS OF THE BIG TOE
A MILD SHOCK TREATMENT
WITH RESPIRATORY REFLEXES,
SHOULDER TENSION RELEASE
AND LENGTHENING THE USUAL
SHORT LEG.

A SPECIFIC
SHORT LEG TECHNIQUE

Fig. 4

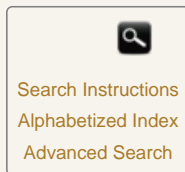


SEE CHART 37,
BOOK 2.



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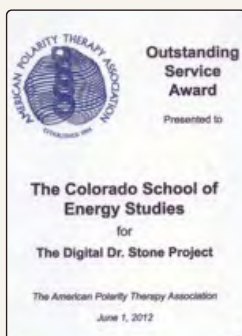
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Chart No. 17

[See [Book 3, Chart 17](#)]

FIGURE 1: The specific polarity reflex for the neck is in the neuter [neutral] pole of the hands, between the thumbs and the first fingers, in its horizontal representation, as shown in [chart No. 3](#) in this book. Find the sore spot in this area on both hands and hold firmly with both hands for one minute, as a bipolar contact.

Then, with one hand, hold the spot which is the sorest, corresponding to the throat reflex on that side; and, with the other hand, contact the real, positive, tender spot under the jaw, directly above the irritation. Hold both contacts simultaneously for relaxation and polarization as shown in figure 3 for the jaw contact and figure 1 for the hand contact.

It is well to begin the polarization by holding both toes for one minute, to balance the two sides of the body.

Upper dorsal [thoracic], motor reflexes should also be inhibited or adjusted.

The negative polarity reflexes may be found along the inside of the tendon of the big toe and held firmly as shown in figure 2. But, if this is a digestive major reflex, the negative point will be found in the middle toe and the middle finger tip as a reflex to the upper pole, and the first joint of the second finger as the neuter [neutral] pole polarity reflex. Treat the affected side by holding the toe joint with firm pressure with one hand and the other hand over the stomach or liver area, or a jaw contact as shown in figure 3. The toe and the jaw are opposite poles for the central balance, and may be held simultaneously as shown in the combination of figures 2 and 3.

Throat reflexes which cause rhinitis and watery eyes can be successfully treated in this way. This may also be a neuralgic symptom, but the background is a digestive irritation of the mucous membranes. Highly spiced or seasoned foods, or a sudden chill may bring on the symptoms. However, merely stopping the irritation by not taking these foods will not clear the UPSET ENERGY FIELDS of their dis-organized [disorganized] polarity in the current flow and this results in recurring irritation.

This is the doctor's field as a balancer of the subtle energy currents. Polarity energy discord is the background of the external physical symptoms. The latter are but the effects of these hidden causes of electromagnetic imbalance of active forces in that field.

Dr. Samuel Hahneman^[1] based his entire Homeopathy on this finer observation in his medical practice. Repeatedly, he mentioned the fact that illness is really due to the action of the life spirit, and not to the physical organs of the body.

The alchemists, like Paracelsus^[2], had a similar viewpoint. Paracelsus also hammered forcefully on the idea of the finer forces in Nature and in man. He used similars in Nature which had this particular energy in them. This he most likely brought with him from the Orient, where he wandered from the year 1513 to 1521, for it is exactly as the Ayurvedic [Ayurvedic] Medicine of India taught it. In Arabia, no doubt, he found the Thaumaturgic ideas which used the similars in animals, like the vitamins and glandulars which are extracted from them in present-day practice.^[3] But Paracelsus emphasized the ENERGY POTENTIAL more than the chemistry. Yet he gave a powerful impulse to the study of chemistry in Europe in his time and thereafter. He

preferred a living chemistry of energies, called alchemy, to the mere material one used now. The alchemist always deals with Life and its ENERGIES in all his research, observation and practice.

¹ Dr. Christian Friedrich Samuel Hahnemann (1755-1843), a German physician and founder of homeopathic medicine.

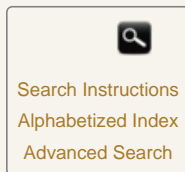
² Paracelsus, born Philippus Aureolus Theophrastus Bombastus von Hohenheim (1493-1541), a German-Swiss doctor, alchemist, botanist, astrologist and occultist.

³ An aspect of the practice of zootherapy. 21st century zootherapy focuses more on animal-assisted therapy than medicinal extractions.



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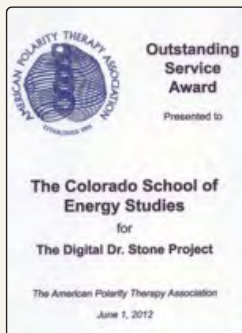
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Chart No. 18

[See [Book 3, Chart 18](#)]

A double contact is used across the spine, held with a firm and steady pressure, for relaxation of tension and to polarize one side of the body with the other; either with the direction of the surface currents for a soothing effect, as shown here, or in the opposite direction, against the flow of the currents, for stimulating. The contact is held firm and steady until the tissues under it relax. This can be done all the way up and down the spine, especially on the high or posterior side of the body.

As previously mentioned, in POLARITY ACTION, the right half of the body is positive and the left half is negative.

In giving this treatment, the doctor stands on his toes in order to put the whole body impact behind these vibrations, as shown in charts [23](#) and [24](#) of book II. The elasticity of the movement, plus the volume of weight potential behind it, makes it a most effective impulse with great therapeutic benefit, but gentle in application.

FIGURE 1 of this chart shows the doctor's left hand laid freely across the spine of the patient. The doctor stands on the left side of the patient, at right angles to the patient for step No. 1.

FIGURE 2 shows how the right hand is loosely placed on top of the fingers of the left hand.

FIGURE 3 shows how the left-hand twist is made, with a firm contact with both hands on the muscle tissue to place one side under tension in opposite direction to the other. The heel of the left hand goes down on the left half of the body while the fingers push the tissue upwards and at the same time are re-inforced [reinforced] by the right hand. The doctor now faces the patients head, holding the contact firmly in that upward direction, with or without vibratory impulses, for balancing of currents.

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CHART NO.18. POLARIZING
CONTACTS ACROSS THE
SPINE WITH A ROTATIONAL
TWISTING STRETCH ON THE
MUSCLES OF EACH SIDE IN
OPPOSITE DIRECTIONS.

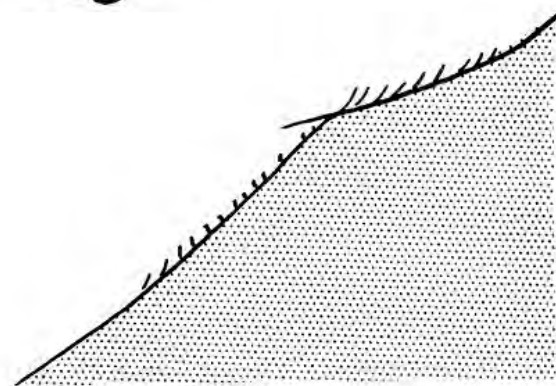


Fig. 1





Fig. 2

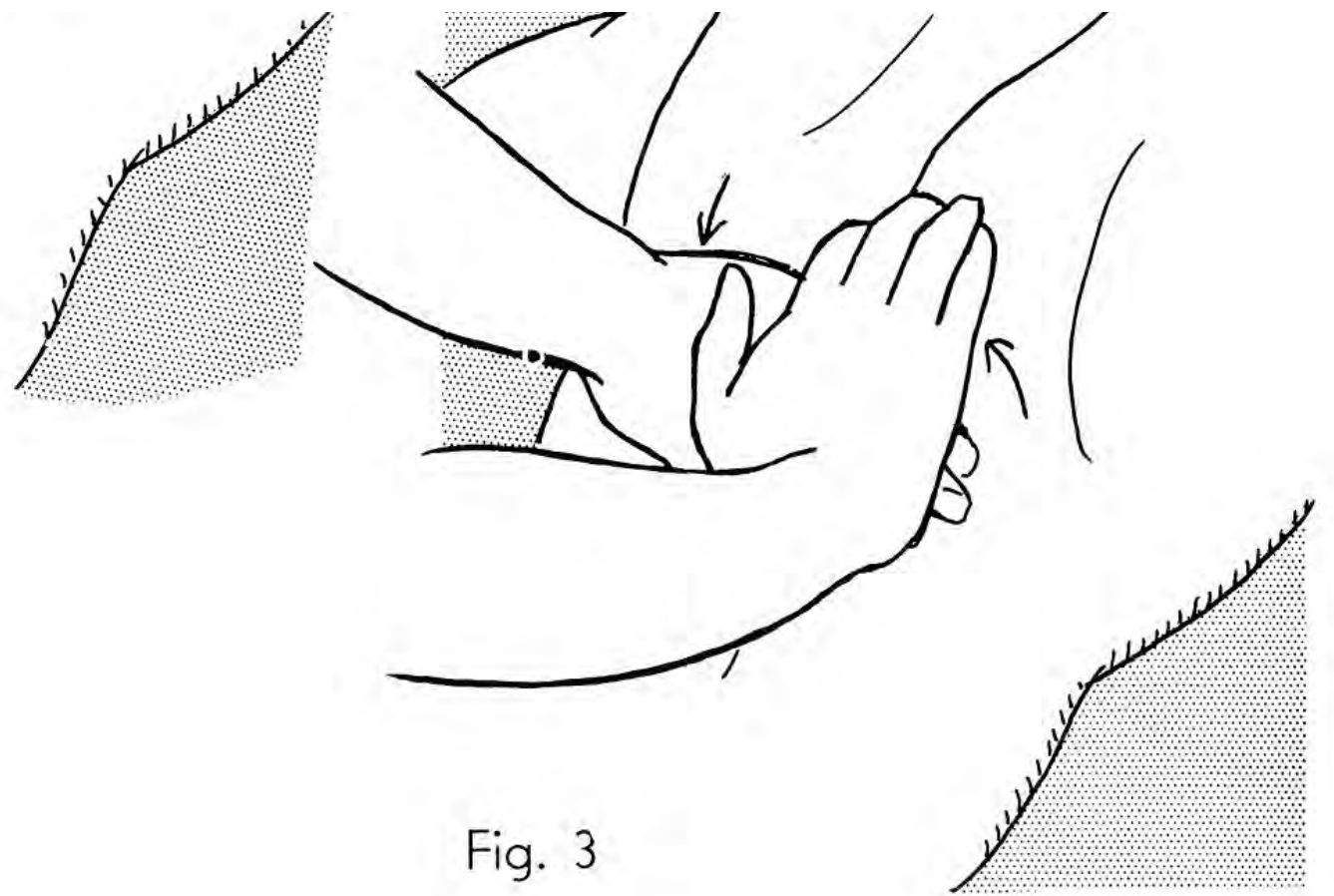


Fig. 3



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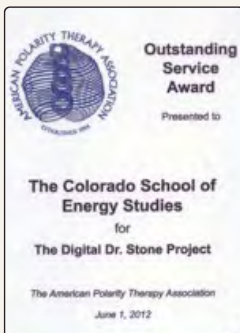
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Chart No. 19

[See [Book 3, Chart 19](#)]

FIGURE 1 illustrates a soothing contact with the current flow on that side for release of tension and pain in the legs. The left hand is over the innominate [hip] and the pelvis, with the fingers on the pubic bone, on that side. The operator stands on his toes and the impulses are very gentle and deep. See [chart No. 23](#), book II.

FIGURE 2 shows a similar contact on the left side, with the current flow of the five sensory waves, for a soothing effect. The sensory currents flow upward on the surface on the left side of the body (see charts [3](#), [6](#), [7](#), also figure 4 of [chart 8](#) in book II) and the contact is with the flow of these currents. Intestines and stomach areas are also benefited by this release, especially if the fingers are spread under the ribs, below the stomach when giving the treatment.

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CHART NO. 19. ANTERIOR
POLARIZING CONTACTS
WITH THE CURRENT FLOW
FROM HEAD TO FEET.



Fig. 1

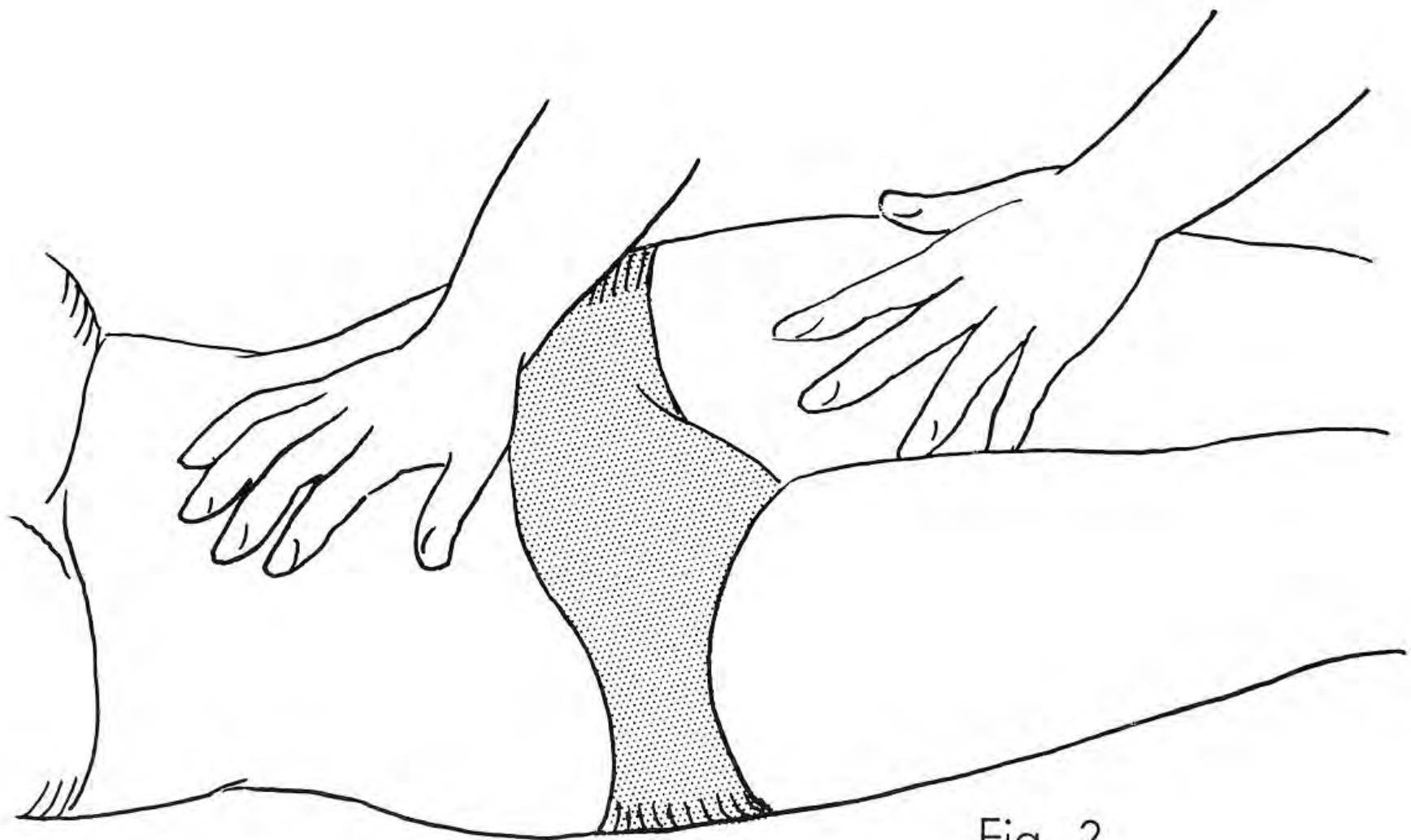
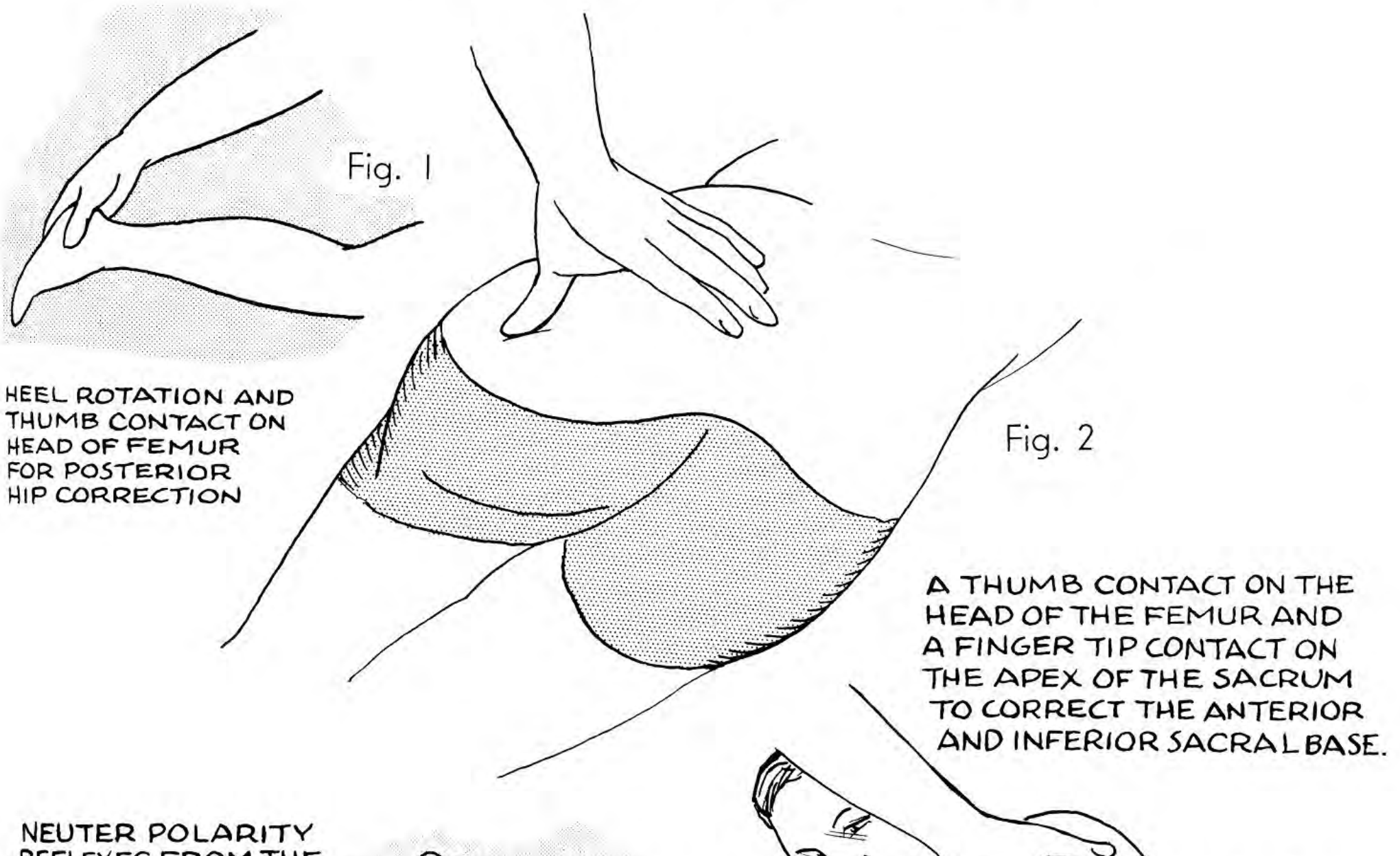


Fig. 2

CHART NO. 20. PELVIC POLARITY CORRECTIONS ACCORD-
ING TO THE LINES OF TENSION AND TENDERNESS FOUND
IN THE FIBRES OF THE GLUTEUS MUSCLES.



REFLEXES FROM THE
BACK OF THE HAND,
TO THAT SIDE OF THE
BACK OF THE BODY.



Fig. 4



Fig. 3

NEGATIVE
POLARITY REFLEXES
FROM THE TOP OF
THE FOOT, TO THAT
SIDE OF THE BACK

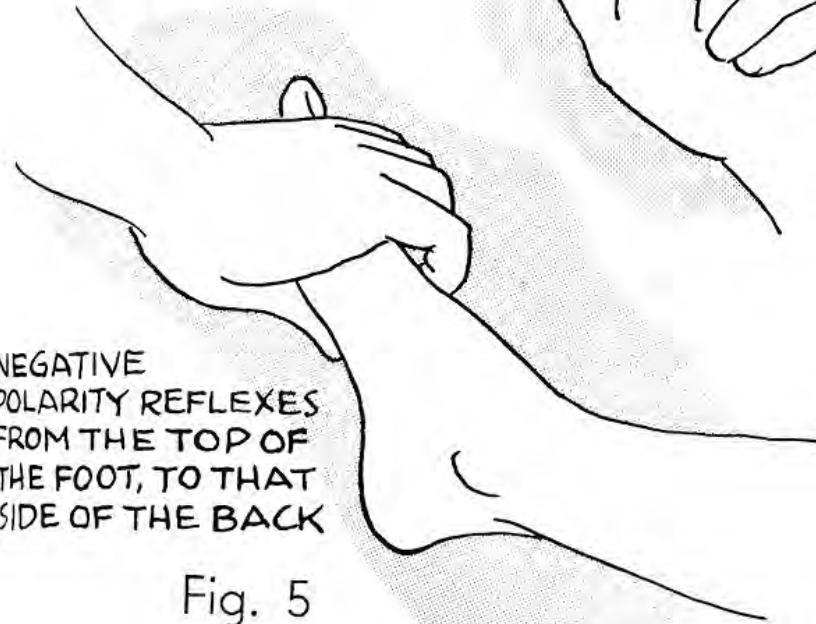


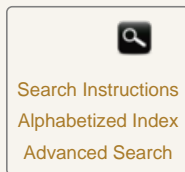
Fig. 5

FOR HIP
CORRECTION
SEE CHART 34,
BOOK 2.



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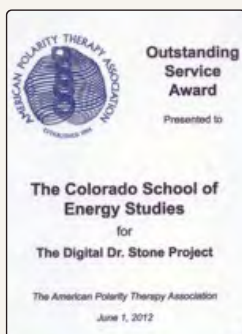
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Chart No. 20

[See [Book 3, Chart 20](#)]

FIGURE 1: A heel rotation contact for a posterior innominate [hip] correction, with the patient lying face-down on the table, and at the same time contacting the head of the femur and the hip, as shown in figure 2, with an outward rotational stretch on both contacts.

FIGURE 2: Emphasizes the thumb contact on the head of the femur for all hip corrections, with the patient lying on the side. See [chart No. 34](#) in book II.

FIGURE 3: This is a new corrective contact for an anterior and inferior sacral base on the side which is on the top as the patient lies on the table. The tips of the middle fingers contact the apex of the sacrum on that side. The thumb is on the posterior part of the head of the femur. The shaft of the femur lines up with the two contacts. This is well illustrated in [chart No. 34](#) of book II. The leg is relaxed and placed a little above a right angle to the body. The operator's left hand is on the shoulder, pushing it back until all the slack is taken out of the body between the two contacting hands. The correction is a gentle push backwards on the shoulder contact, and a synchronized, upward directional move applied on the two light contacts with the right hand. No force is used. The correction is easily made when the lines of direction and the flow of the energy currents are co-ordinated.

FIGURES 4 AND 5: Show polarity reflex areas between the tendons of hands and feet for treating the acute and chronic sore back by means of POLARITY THERAPY. When relaxation has taken place through polarization, then corrective adjustments are easily made, where they are needed.

The top of the feet and the back of the hands are posterior motor polarity reflexes. There is no sensory tissue here for the special sense of touch, and there are no lines from which impressions could be made of the top of the feet or the back of the hands in order to identify the individual. It is the soles of the feet and the palms of the hands that are the front and sensory reflexes of the body. Sole prints identify the individual as positively as the finger prints and the palm impressions of the hand. See [chart No. 2](#) in book II.

ALL POLARITY THERAPY APPLIED TO THE SPECIFIC REFLEX AREAS OF THE SOLES OF THE FEET AND THE PALMS OF THE HANDS ARE SENSORY, ORGANIC REFLEXES. Response will be obtained from the organs represented in each Polarity reflex.

The tips of the fingers and toes and the first joints are extremity polarity reflexes which are most powerful because they are the meeting places of the outgoing and return currents. There is a bending of the currents here, like a loose end, where impressions can be easily made. If you don't believe it, just let someone step on your toes literally and see what reaction it calls forth. That is also why the finger tips are so highly sensitive.

There are horizontal polarity reflex values in the hands and in the feet, as well as vertical ones as shown in [chart No. 3](#) in this book and in [chart No. 4](#) in book II. The contacts are made along side and between the tendons. Study these and test them and you may be amazed what results POLARITY THERAPY applied to feet will yield in chronic cases; even more so than the fingers and hands which are the neuter [neutral] reflexes in all acute conditions. Treat the sorest ones first.

The emoting done by the patient while you hold one of the polarity reflexes is the 'karmic'

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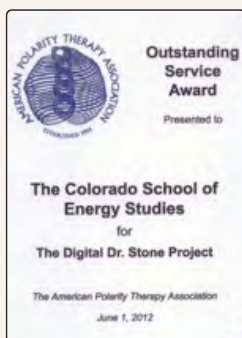
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Comments on Reprint of [Chart No. 20 from Book III](#)

This chart emphasizes the thumb contact on the head of the femur for all hip and sacral correction, while the patient is lying on the side. It is extremely valuable and quite different from other methods.

FIGURE 3 presents a lateral view of the correction of the right anterior sacral base, with the thumb on the head of the femur.

The contact is with the first two fingers on the apex of the sacrum, on the same side.

The leg is a little above right angles to the body, as shown in this illustration.

Force is not necessary nor should it be exerted, as this gives easily when the condition is there and the position is right.

FIGURES 4 and 5 present polarity reflex areas in the hands and feet, which are sometimes very helpful in relaxing spastic muscles of the back before other corrections are made, and can also be used for polarization after other corrections are made. This is a valuable treatment in painful lumbago cases which are so plentiful everywhere these days.

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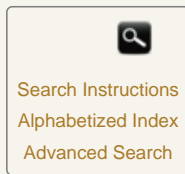
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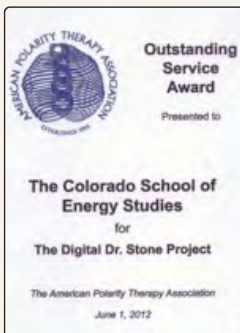
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Chart No. 21

[See [Book 3, Chart 21](#)]

The patient sits on a chair or on the treatment table. The doctor stands or sits behind the patient and places both hands directly above the innominate crest [iliac crest], on the soft tissues of the sides of the body. The fingers dig in, in front, over the groin, with a gentle lifting motion to stimulate the cecum [caecum] and sigmoid area as shown in figure 1. The thumbs grip the lateral muscles in the back to balance the hand. They also contact the transverse process of the lumbar region, pushing forward in a gentle rocking motion as shown in figure 2. The contact can be moved higher and lower, up and down the spine, accompanied by a gentle, rhythmic rocking motion which helps to expel the gas.

This may be continued as long as the gases in that area can be moved for expulsion. Then change to another location for release. Gas accumulates in pockets and must be located and released from each stagnant pool. It takes time and effort to gather and release these stray bubbles in tissues. But the relief obtained by the patient is well worth the effort.

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CHART NO.21. STEP ONE IN GAS RELEASING TECHNIQUE.
ANTERIOR AND POSTERIOR VIEW.



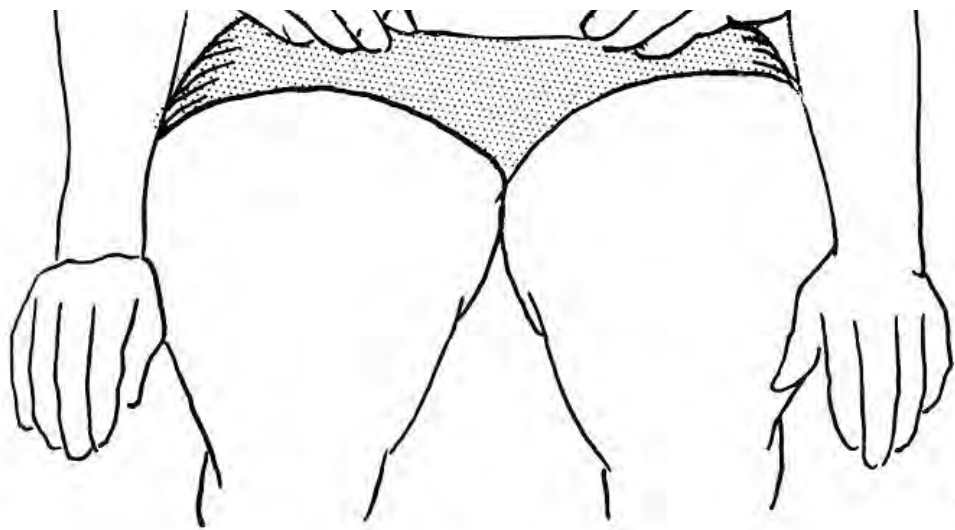


Fig. 1

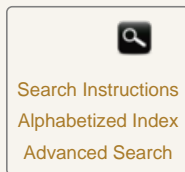


Fig. 2



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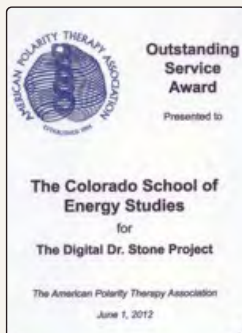
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Chart No. 22

[See [Book 3, Chart 22](#)]

FIGURE 1 demonstrates a double contact for gas pressure release under the floating ribs and the diaphragm. The right band of the operator is placed on the back of the patient, the thumb pressing between the fourth and fifth dorsal [thoracic] vertebra [T4, T5] on the right side, steadily pressing anteriorly, while the left hand supports the abdomen in a steady lift or rhythmic movement upward. This has many other benefits, as mentioned in connection with [chart No. 3](#) in this book. A co-ordinated, rhythmic motion of pressure and lift often releases the gases freely.

This also has a POLARIZING EFFECT from the back motor area to the front sensory area of the body, and opens the pylorus.

The contact and application can be used up and down the spine on the back, as well as from the pubis upward over the entire abdomen, up to the ribs, in a lifting motion. It may be used on either side for gas release, depending on where it is needed.

FIGURE 2 gives a posterior view of the contact marked "X" on either side of the spine.

Pressure on the left side of the back in this area releases the tension in the small intestines.

The straight horizontal arrow shows a combination hold of the anterior and posterior contact employed simultaneously as one move, in a lifting, rocking action for gas release.

In heavy patients the knee of the doctor should support the elbow of his band on the back of the patient when the back is flexed for rocking or a lift upward.

CHART NO. 22. ACTIVATING ANTERIOR AND POSTERIOR BODY AREAS FOR THE RELEASE OF GASES.

THE SAME FIRM THUMB
X CONTACT ON THE LEFT
SIDE OF THE BACK
RELEASES THE EMOTIONAL
ENERGY BLOCKS WHICH
CONTRACT THE DUODENAL
FIBRES INTO SPASTICITY.
THIS EMOTIONAL
CHEMISTRY IS THE
PRIME FACTOR OF
GAS BECAUSE OF
THE PERISTALTIC
STASIS WHICH IT
PRODUCES.



Fig. 2

THUMB CONTACT BETWEEN
THE TRANSVERSE PROCESS
OF THE FOURTH AND FIFTH

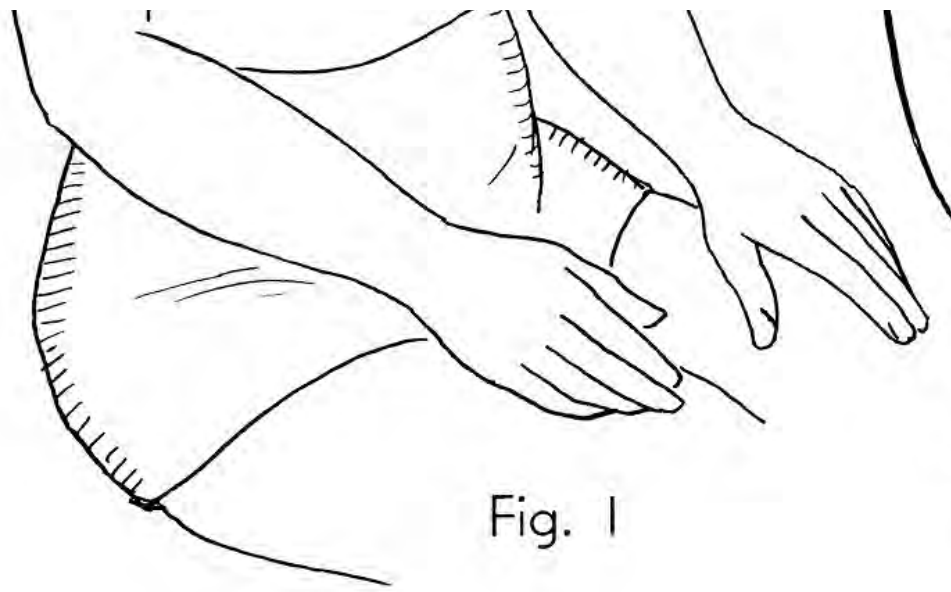


Fig. 1

DORSAL VERTEBRAE OPENS
THE PYLORUS.

A CONTACT IN FRONT AS IN
FIG. 1 WITH A FLAT RIGHT
HAND POLARITY CONTACT
ON THE BACK FOR GAS
RELEASE. BRACE THE RIGHT
ELBOW ON YOUR KNEE TO
STRETCH THE BACK OVER
THE HAND CONTACT IN A
LIFTING MOTION.

THE SITTING UP POSTURE IS BEST
BECAUSE IT FAVORS THE RELEASE
OF GASES.



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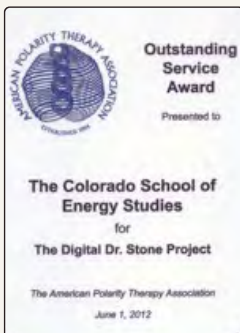
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Chart No. 23

[See [Book 3, Chart 23](#)]

This is an illustration of a double contact on both shoulders, with the operator's fingers stimulating the area in front just above the collar bone, for the pneumogastric [vagus nerve, CN X] and spinal accessory nerves [CN XI] as well as other polarity reflexes from the abdomen, while the thumbs grip the muscles of the shoulder for steadying the hands and completing the polarity contact.

The process is one of holding firmly and gripping the area with also a slight rocking motion. Repeat this several times, **BUT HOLD STILL WHILE THE BELCHING GOES ON.**

The operator's knee acts as a fulcrum and support against which the back is gently pulled. This knee support is moved up and down the spine, wherever the best results are obtained by the response of gas pressure release. The upper contact remains the same for this particular movement.

FIGURE 2 indicates a thumb contact along the spinal groove on either side, with a gentle flexion of the head against the contact, for stimulation and gas release, especially over the third, fourth and fifth cervical vertebrae [C3, C4, C5] for brachial plexus and stomach release as well as the polarity action of the two phrenic nerves on the diaphragm.

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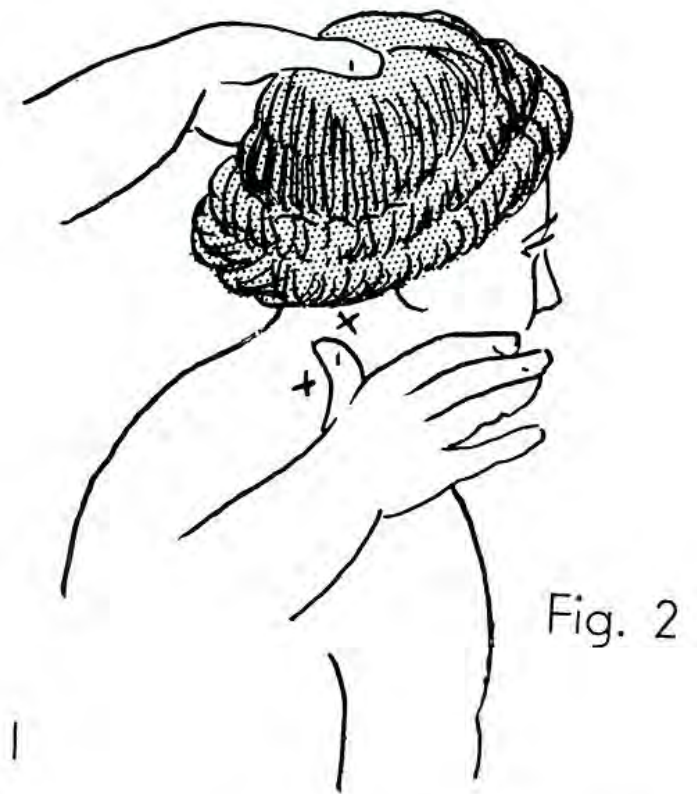
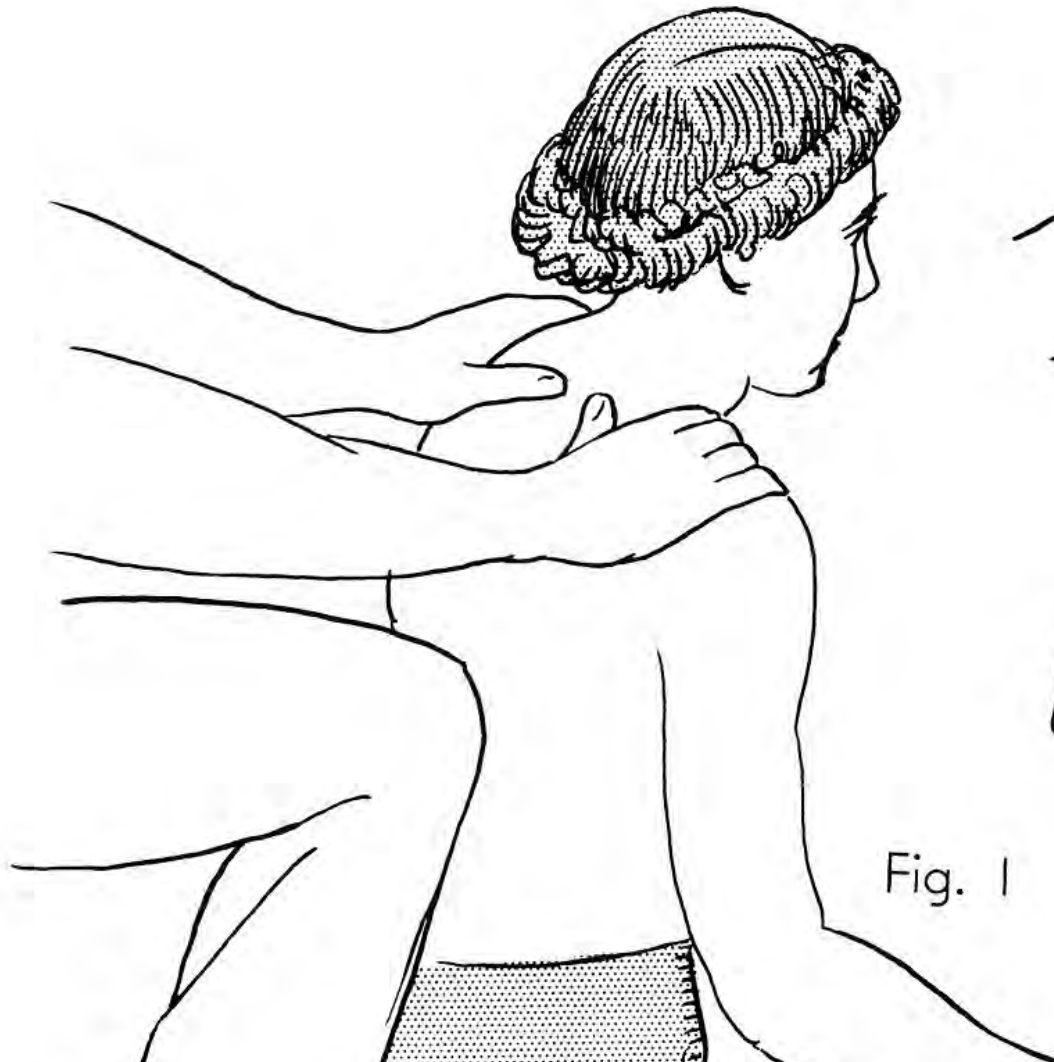
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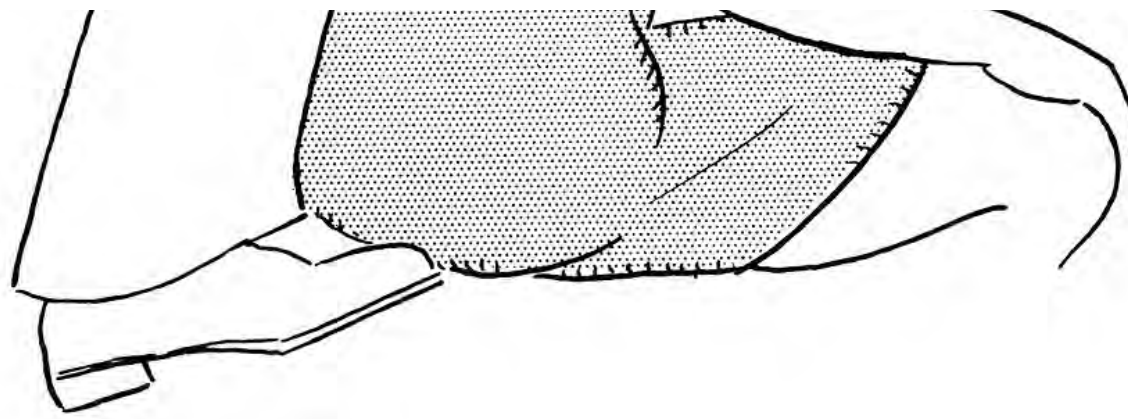
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CHART NO.23. SHOULDER CONTACTS WITH KNEE SUPPORT
AT VARIOUS POINTS ON THE BACK FOR GAS RELEASE.



A THUMB SUPPORT
ON THE NECK WITH



ON THE NECK WITH
A GENTLE HEAD
FLEXION TOWARD IT.
USED ON BOTH SIDES.



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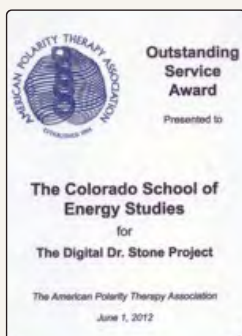
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Chart No. 24

[See [Book 3, Chart 24](#)]

This illustrates a contact under either shoulder to relieve the respiratory reflexes of the stagnant gases.

The other hand is placed in front and on top of the shoulder. It steadies the movement while the fingers press on the top of the shoulder to elicit additional polarity reflexes.

This contact is held and the shoulder is alternately raised and lowered until the gases are released.

Contacts are made all around the shoulder blade. The higher the contact the better, only it is more difficult to get under the blade higher up when there is much congestion. It is then necessary to work at it gently until it is possible to get the fingers under the shoulder blade.

The lifting is done by the operator's knee which supports the hand under the shoulder. The operator's toe is kept on the chair while the heel is raised, which raises the leg. This makes the lifting easier for the doctor.

Go from one side to the other and work where the greatest relief is obtained. One or two minutes usually suffice for each area. It can be gone over again and again, as often as necessary, after working on the other areas. Gases must be gathered and released from the local areas before they can be belched up or expelled naturally. It takes much effort and patience on the doctor's part. Gases are unreasonable and contrary like goats.

Most bad headaches, especially hemicrania, are usually due to gas pressing in the head and on the skull, and may be relieved with these gas releasing contacts.

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CHART NO. 24. CONTACTS UNDER THE SHOULDER BLADES
FOR GAS SYMPTOMS AND BETTER AIR INTAKE.



THE SAME LIFTING
CONTACTS X ARE MADE
UNDER THE RIGHT
SHOULDER.

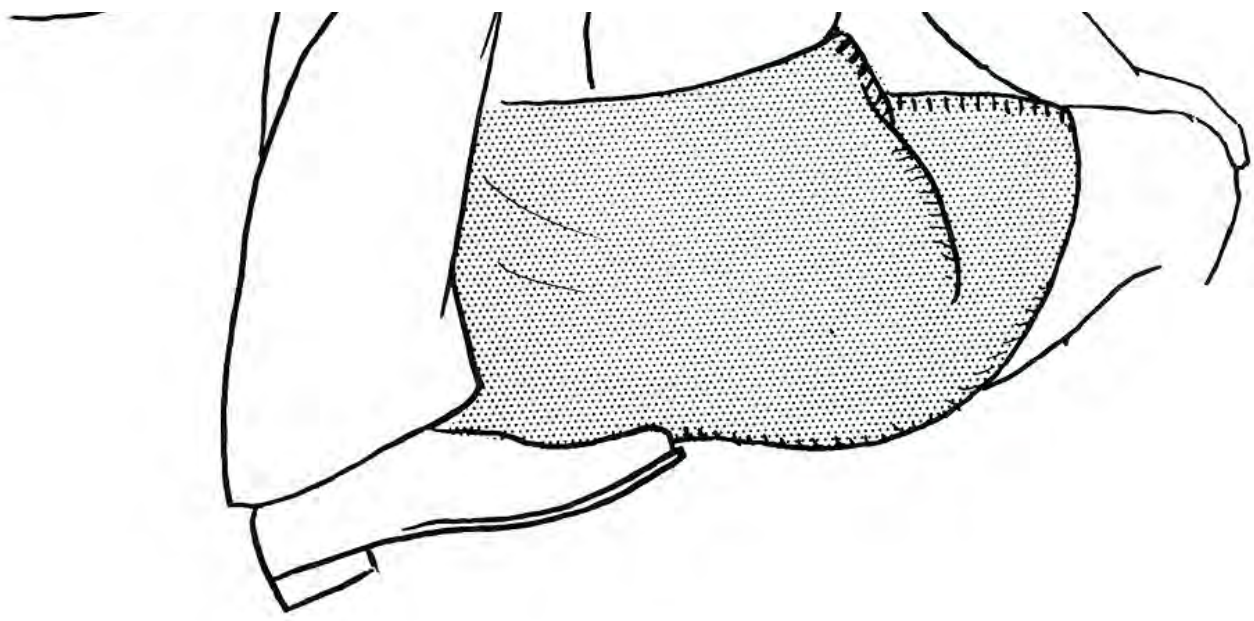


CHART NO. 25. TREATMENT FOR GAS PRESSURE BY POLARITY STIMULATION ON THE HEAD, SOFT PALATE, AND NECK.



Fig. 1

CRANIAL SORE SPOTS ARE DISTURBED POLARITY REFLEXES IN THE BODY. THUMB PRESSURE ON EACH SIDE OF THE HEAD, FRONT AND BACK, AND DIAGONALLY ACROSS THE HEAD, FOR RELEASE OF GASES IN THE HEAD. PRESSURE ON TENDER SPOTS OF THE OCCIPUT ON EACH SIDE IS A MOTOR RELEASE FOR EYE STRAIN.

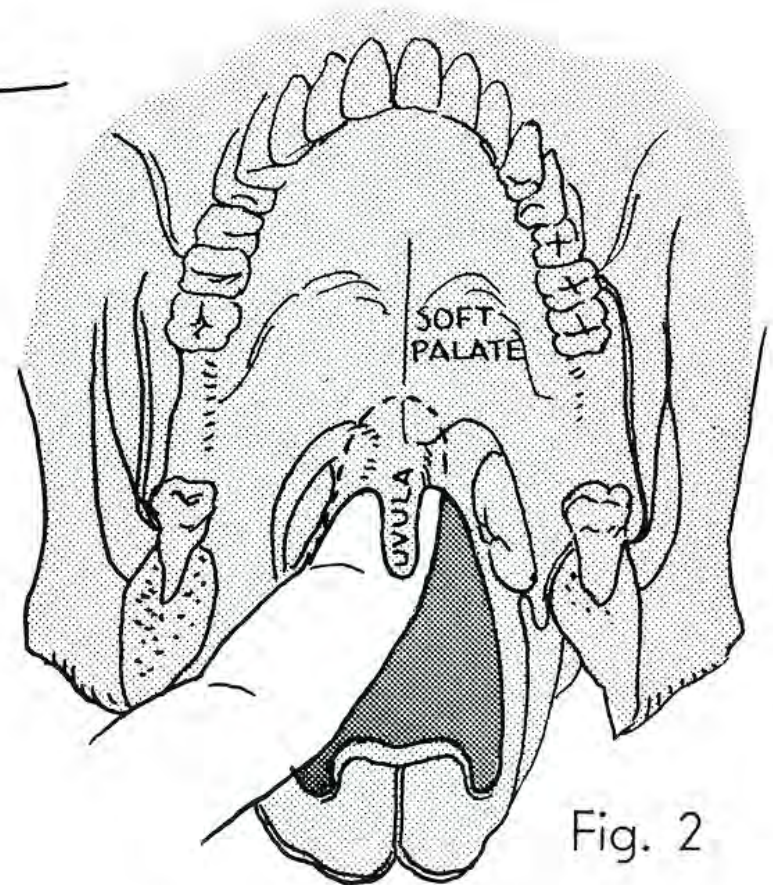


Fig. 2

A UVULA AND SOFT PALATE STRETCH FOR STOMACH AND RECTAL REFLEX STIMULATION.

A ROCKING SPINAL
RELAXATION STRETCH

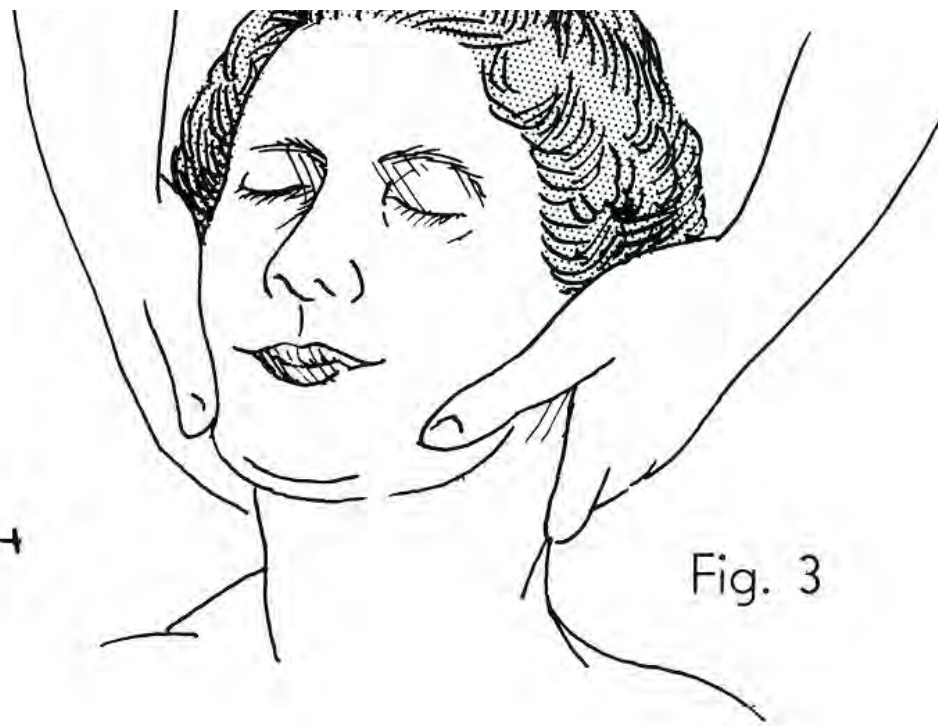
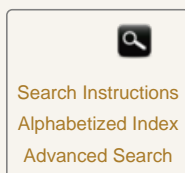


Fig. 3



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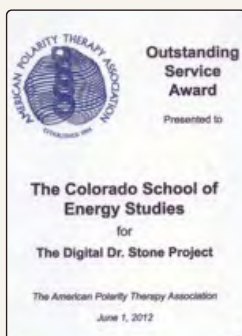
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Chart No. 25

[See [Book 3, Chart 25](#)]

FIGURE 1 illustrates the head treatment for polarity reflex release of gas pressure in the head. The doctor stands behind the patient and gently places his finger tips under the hair, directly on the scalp. A short, gentle motion is used with light pressure on the scalp. The direction of the move is from one hand to the other, and this is repeated all over the head. Concentrate most efforts on the sore spots found here.

EYE TREATMENT: The center of sight and the motor area of the eye is in the cuneus of the occipital lobe of the brain. Sore spots over the occiput, about its middle region on each side, are polarity reflex areas for the eyes. Marvelous relief can be given to inflamed and watering eyes by this simple therapy. Gas stagnation in this center may be a reflex from the duodenum and the stomach through its mucous membranes. That is one reason why the umbilicus is treated for eye trouble. It is a well-known proverb that "The eyes are bigger than the stomach." This refers to the craving for foods and stimulants.

The treatment may also include draining the head, by tilting it back with one hand on the forehead while the thumb and knuckle of the first finger of the other contact the very sore spots on the middle and lower occipital regions. Hold it a moment, release, then repeat several times. For illustrations of this technique, see [chart No. 49](#) in book II.

FIGURE 2 is a sketch of the soft palate, showing the index finger of the operator hooked under it in a lifting motion to release stagnant gases and polarity reflexes. The contact also raises the uvula, which is the positive pole for stomach and rectal polarity reflexes! This is described in detail in the chapter in this book entitled "[GAS RELEASING TECHNIQUES ACCORDING TO POLARITY THERAPY.](#)" Rectal dilation is often indicated as a stimulant to activate the negative pole of elimination. As previously mentioned, this should be done with gloved, well-lubricated fingers and not with harsh dilators. Nature responds to intelligent applications; not to force, which it resents and will react violently to it if force is attempted.

FIGURE 3: When the gases have been released and the patient feels comfortable, the general spinal stretch is indicated as the last procedure in this series for stabilizing the relaxation of the entire body. For this particular application the patient lies on the table, face up. It is similar to that shown in [chart No. 42](#) of book II. In this case the contact with the thumbs is on the jaw in order to release the corresponding polarity reflexes. The two middle fingers reach around to the back of the occiput, and the patient's head is slightly tilted forward so the chin is tilted downward. Then a gentle, rhythmic pull and relaxation is repeated again and again, like a rocking motion, until the patient is relaxed. The pull is just enough to move the body of the patient slightly in a gentle stretch. There should be no jerking and no attempt is made at making any adjustments at this time. Whatever adjustment is indicated, takes place automatically while giving this gentle stretch, and that is all that is needed here. **IT IS WELL TO REMEMBER THIS POINT IN TREATING ALL DELICATE AND WEAK PATIENTS.** To relieve pain by removing energy blocks and pressures is a technique in itself. Structural correction is a physiological procedure for future balance but not for acute pain.

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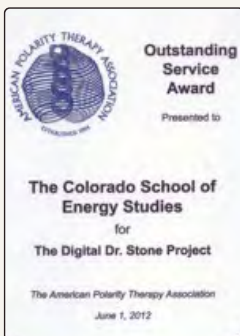
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Explanation of [Chart No. 1](#)

FIGURE 1 represents a normal sacrum with a horizontal line across the surface of its base. This is an inverted triangle and serves as the level weight bearing line of the entire spinal column and its structure. The line is important and has to do with tilts, laterality and inferiority of the base as a whole or on one side.

FIGURE 2 shows the sacrum and spinal column intact, with a vertical line plus the horizontal one, which have become diagonal lines on the chart to bring out the effect of a lateral tilt more clearly.

FIGURE 3 is a drawing of the articulating surface of the sacrum with the innominate [hip] bone. The lines of stress are clearly given as a cross through the center of this articulation. This line has to do with anteriority, posteriority and twists of the sacrum between the innominates [hips].

The sacrum is a key wedge between the two innominate [hip] bones, like the keystone in an arch, between the two pillars on which this arch rests. It is the most vital structure in its position and effect in this part of the body.

FIGURE 4 portrays the sacrum and the spine with two stress lines which indicate its anterior or posterior position.

With this clear picture of the normal sacrum in mind and the simple lines of normal positioning, we can proceed to an over-all view of this norm in relation to the whole human body. It is necessary for the trained eye of the good doctor to see this relationship of the patient against some fixed background by which he can detect abnormalities. Even in taking x-ray pictures in the upright position, this precise arrangement, to the lines of gravity, is very important.

CHART NO.1. THE SACRUM AS THE KEYSTONE AND FOUNDATION FOR THE NORMAL AND ABNORMAL CURVES OF THE SPINAL COLUMN.

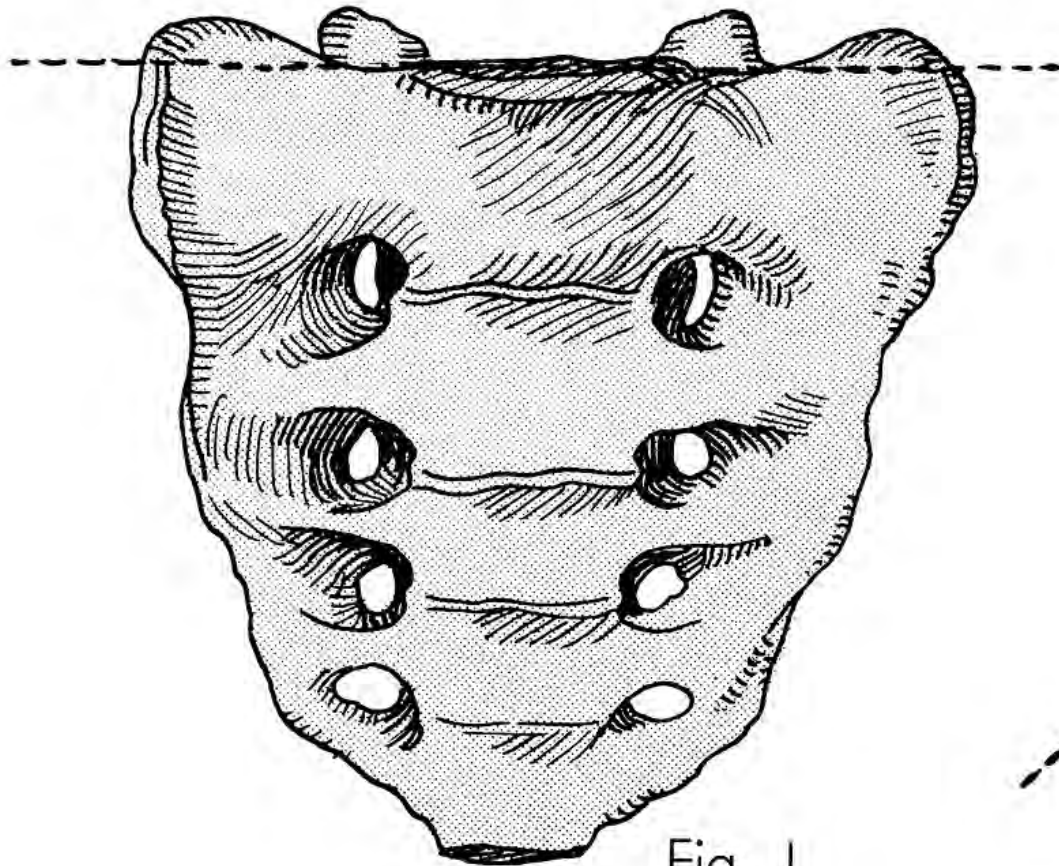


Fig. 1

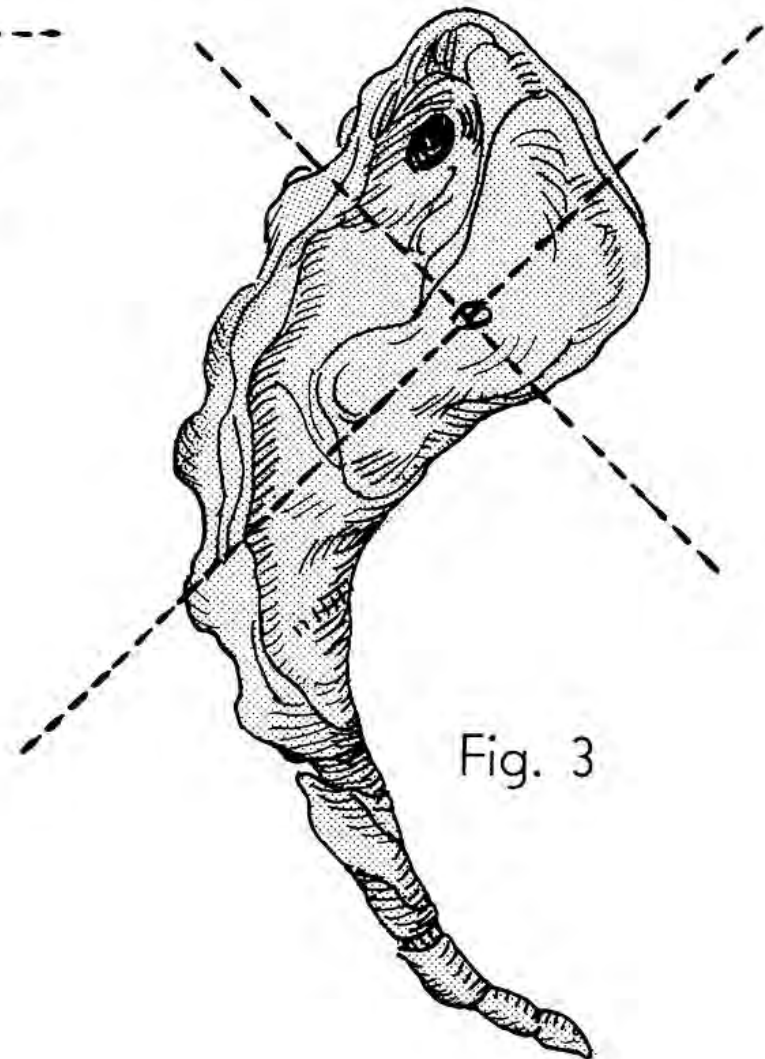


Fig. 3

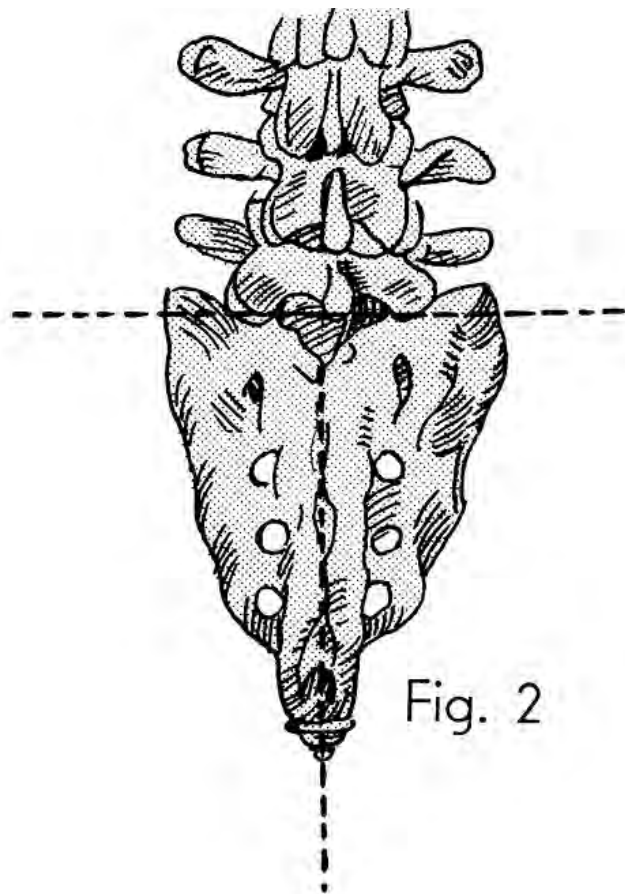


Fig. 2

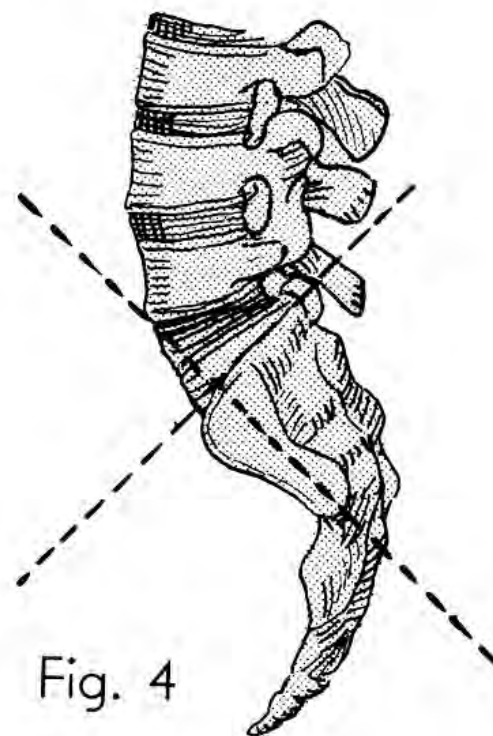


Fig. 4



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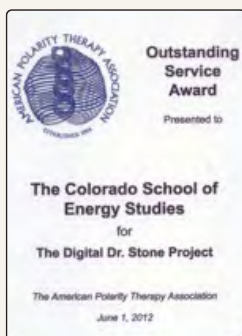
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Explanation of [Chart No. 2](#)

Here a deeper relationship of parts is shown, like an ex-ray [x-ray] of lines of force and stress in the body, which move in exact proportion and angle to every exertion and motion of the body.

The superior acts on the inferior and the inferior supports and reacts on the superior pole. Internal lines of force support structure in the atomic relationship of matter, as energy lines of stress or strain. These are stepped down to physiological functions and requirements and become mechanical factors in the law of motion and gravity.

Every joint is an "X" or cross-over point of such energy, to make it a pliable, moving unit for the leverage of bones. The sinews and muscles act as cables to operate this human machine. Expansion and contraction are the waves of motion of this electromagnetic energy which flows over the muscles in every exertion.

Finer wireless currents are the essence of energy which built the wires and tubes for special conduction in fluids of stepped-down potentials for specific purposes and local effect. The cerebrospinal fluid of the brain, in the meninges of the cord and in the center of the nerves is such a medium for conduction of the AIRY PATTERN ENERGY OF THE MIND over this intricate network. The brain is the switchboard where expansion in fibers makes contact and contraction breaks it. This arrangement is called the synapse in the brain and nerve tissue.

Mind itself is the energy which flows over this network to give intelligence and sensitive touch to cells and the automatic centers of cellular structure to carry on selective work of absorption, secretion and elimination. Polarity principles are at work here as mind energy, in attraction and repulsion of substances as patterns of like or unlike energy fields. Like the spinning electrons are unstable in number, so the attraction in each center governs the building blocks of the material which it uses.

THE SAME PRINCIPLE OF POLARITY WHICH IS RECOGNIZED IN CHEMISTRY IS USED IN POLARITY THERAPY as a balancing force, directed and distributed in fields where operation was blocked by opposite currents. The idea of a finer field of energy back of the grosser body and parts, like the broadcasting waves in our radio box or television set, through light and sound waves, is behind this POLARITY VIEWPOINT AND THERAPY when understood.

We take all this for granted when we push the buttons of our radio or television set, where sound and light waves operate. Do these not also function in man, or has he no speech nor sight to function with? Our minds have been outward bound and conditioned by machines which we built and, like Franksteins in the fable, they control us now because we only believe the machines. Any direct preception [perception] not demonstrable by external measures and man-made machines is not scientifically acceptable today. How the center and standard of man has shifted from his real center to the circumference entirely, is the sixty-four dollar question.^[1] And the return series is even at a higher premium!

The depth of this perception of energy operating in man is one of the things necessary in making a POLARITY THERAPY DIAGNOSIS of wireless waves and lines of stress which operate the human body, of the being called man, the soul who occupies the house consisting of the mortal body.

A real doctor must see deeper than mere solid matter which has no life nor sensation if he

¹ "Take It or Leave It" (1941-1948), a radio quiz show broadcast on CBS. The first question was worth \$1; but as the questions became harder, the prize money doubled at each question up to the highest amount of \$64. The phrase "That's the \$64 question" became a popular catchphrase for any difficult question or problem.

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CHART NO.2. SUPERIOR AND INFERIOR POLARITY RELATIONSHIPS.

MIND ENERGY IS THE PRIMAL GEOMETRIC PATTERN ENERGY OF DESIGNS AND RELATIONSHIPS WHICH OPERATE IN THE CEREBRO SPINAL FLUID IN THE BRAIN AND IN THE NERVES.

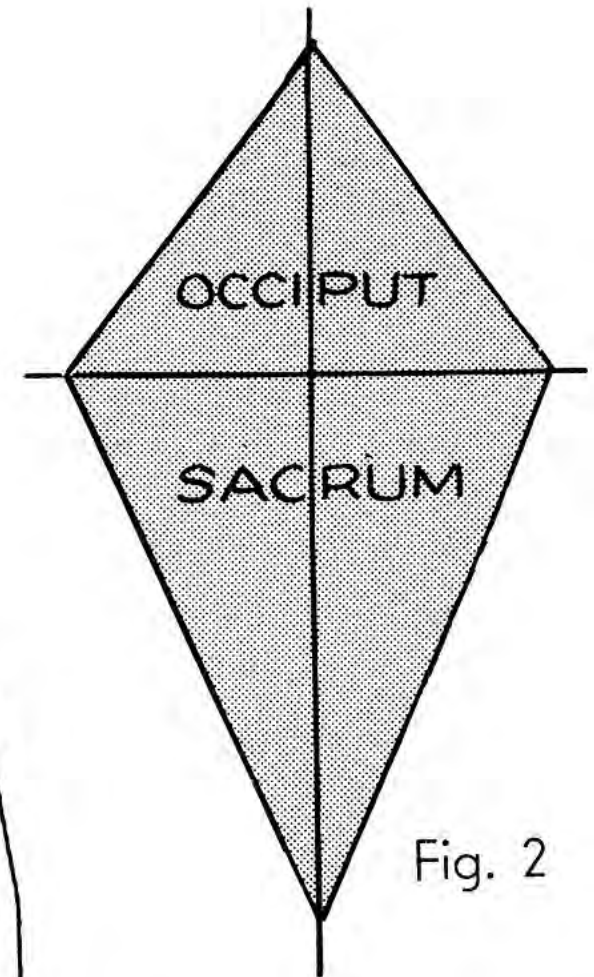
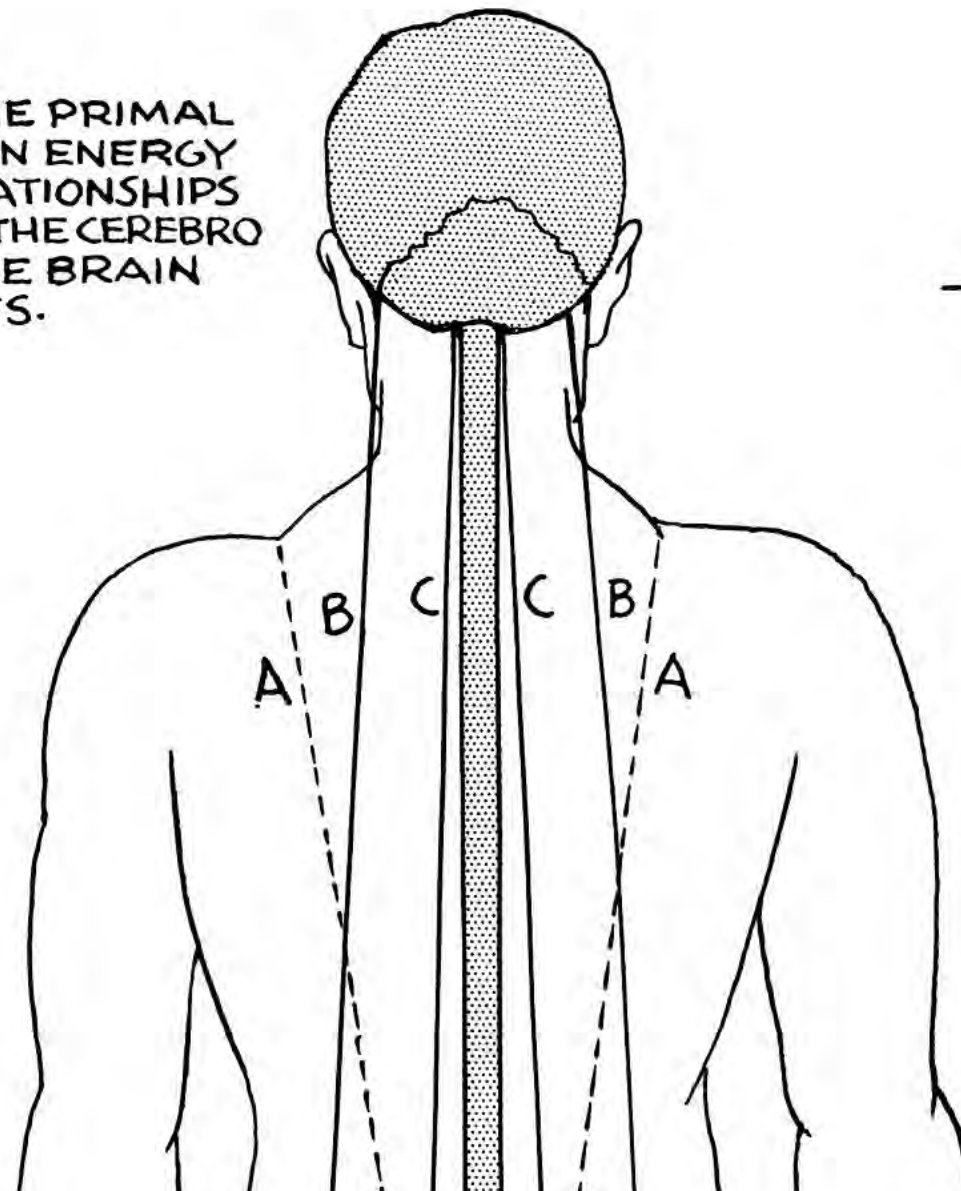


Fig. 2

THE GYROSCOPIC ACTION OF BALANCE IN THE BODY.

THE SACRUM IS THE
OPPOSITE POLE TO THE
BRAIN EXPRESSING
ACTION AND STRUCTURAL
BALANCE.

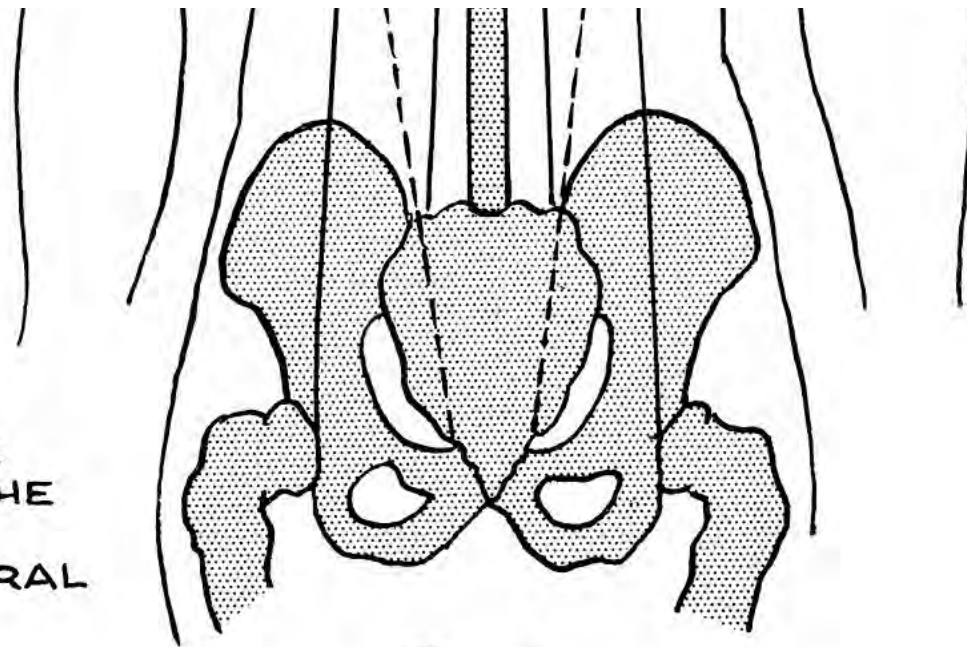


Fig. 1

SEE CHART 13, BOOK 3.



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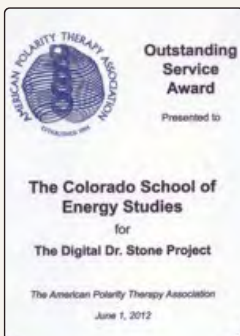
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Explanation of [Chart No. 3](#)

[See also [Book II, Chart 13](#)]

This chart includes two pictures of simple distortions resulting from sacral base tilt on one side and the other.

Please note the spinal curvature on the side of the inferior base; also the slanting or displaced apex line, which should fall in the center, between the legs, when normal. See figure 3 in [chart No. 1](#) in this book, as well as [chart No. 11 of book II](#) which is reprinted in this book, for observation of the normal line; also see [chart No. 2](#) in this book.

A buckling of the tissue of the back, producing a crease, is usually found in the corpulent patient, on the high side of the sacral base.

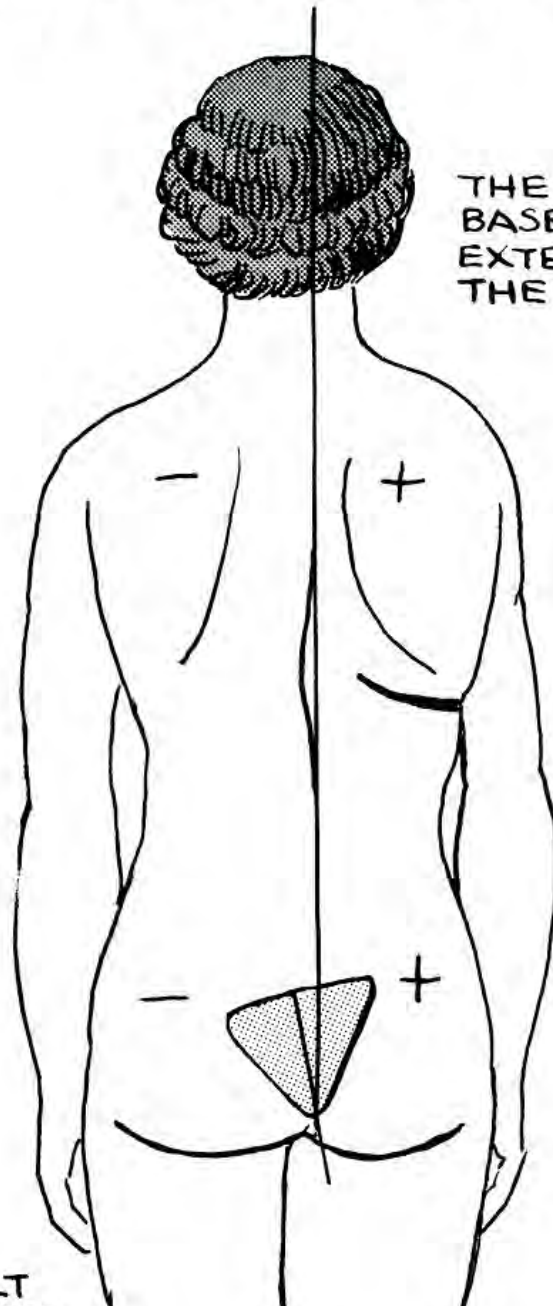
Anterior rotation usually accompanies laterality. In most cases, the anterior side of the body is also the anterior sacral base side.

In this chart the posterior side is marked with a plus sign and the anterior side with a minus sign.

It is quite obvious that when one side is posterior on the shoulder, the other must be anterior. But, strange to say, if you lay a yardstick across the back diagonally, as shown in the plumbline [plumb-line] [chart No. 11 of book III](#), the opposite side of the posterior is also anterior over the hips, even in severe twists of the back.

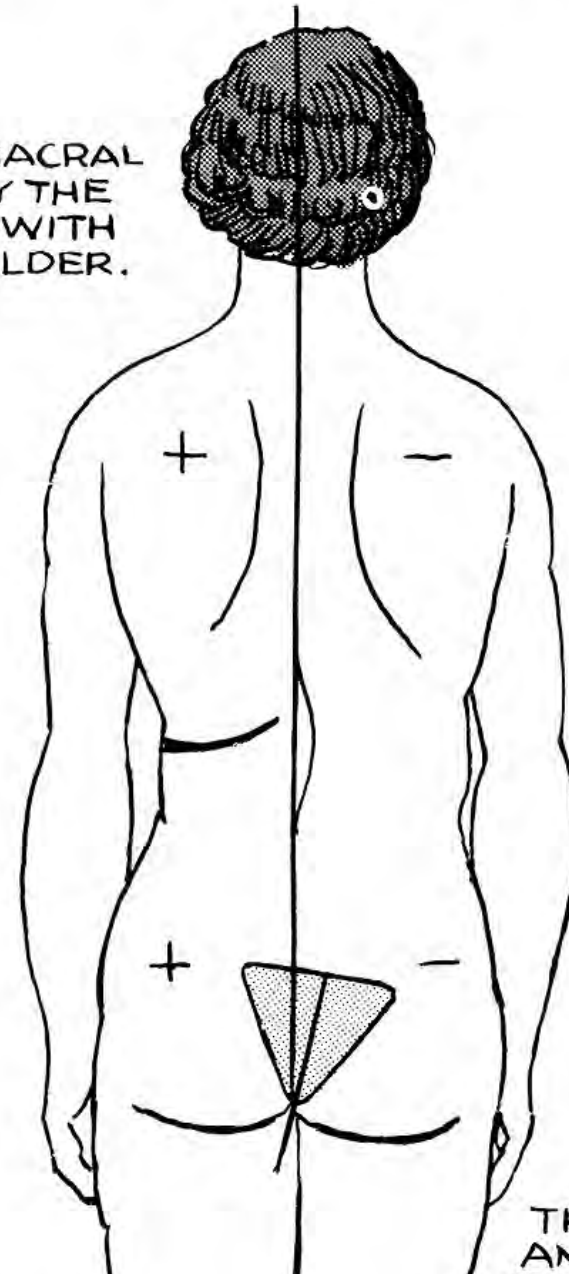
Of course, any distortion or abnormality is possible, but those mentioned here are common among the regular run of patients. By using the simple methods presented here, it is easy to determine the anterior sacral base position and the inferior one, and correction according to POLARITY PRINCIPLES is simple, easy and effective.

CHART NO.3. SACRUM DISTORTED Laterally WITH A
CREASE IN THE TISSUE ON THE HIGH BASE SIDE, AND A
COMPENSATORY SPINAL CURVE OPPOSITE.



THE SACRAL TILT

THE SUPERIOR SACRAL
BASE IS USUALLY THE
EXTENDED SIDE WITH
THE HIGH SHOULDER.



THE INFERIOR
ANTERIOR SACRAL

IS EXAGGERATED
HERE AS WELL AS
THE CENTER LINE
THRU IT IN ORDER TO
BRING IT TO THE
ATTENTION BECAUSE
IT WAS OVERLOOKED
SO LONG. IT IS ONLY
IN CHRONIC CASES
THAT THE CENTER
LINE BETWEEN THE
TWO BUTTOCKS IS DIS-
TORTED AS WELL AS
THE INFERIOR LEVEL
OF THE BUTTOCKS.
THESE ARE NEW
DIAGNOSTIC FINDINGS,
INTERPRETATIONS
AND CORRECTIVE
APPLICATIONS.

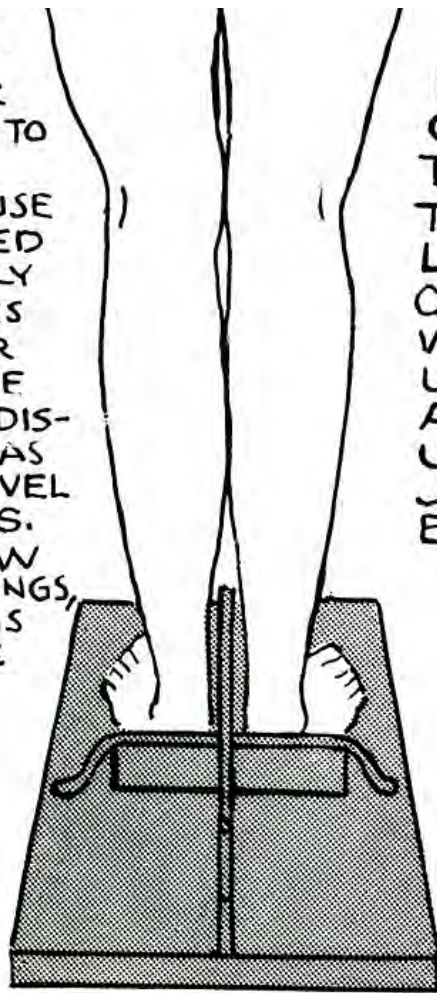


Fig. 1

FOR CORRECTION
OF A LATERAL
TILT OF THE BASE,
THE PATIENT IS
LAID ON THE SIDE
OF THE CREASE
WITH A PILLOW
UNDER THE HEAD
AND A FIRM PILLOW
UNDER THE HIP
JOINT OF THE HIGH
BASE.



Fig. 2

BASE IS USUALLY
THE CONTRACTED
SIDE WITH THE LOW
SHOULDER AND
THE SHORT LEG.

CHART NO.4. THE HIGH OR POSTERIOR SIDE OF THE BODY X AND THE SACRUM. THE THUMB CONTACTS INDICATE THE DIRECTION FOR CORRECTING THE INFERIOR AND ANTERIOR BASE. CONTACTS ON THE HIGH SIDE OF THE BODY AND SACRUM ARE ALSO INDICATED WITH A ROCKING MOTION PLUS AN INNOMINATE CORRECTION BY TURNING THE HIP AND THE LEG OUTWARD WITH A FIRM ROTATING HEEL CONTACT. SEE CHART 20, BOOK 3.



Fig. 1

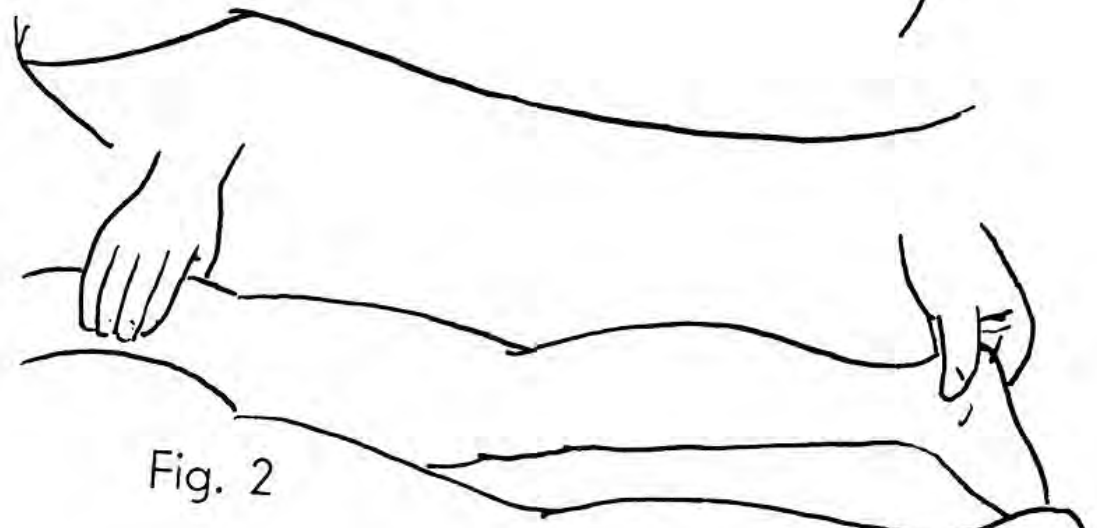


Fig. 2

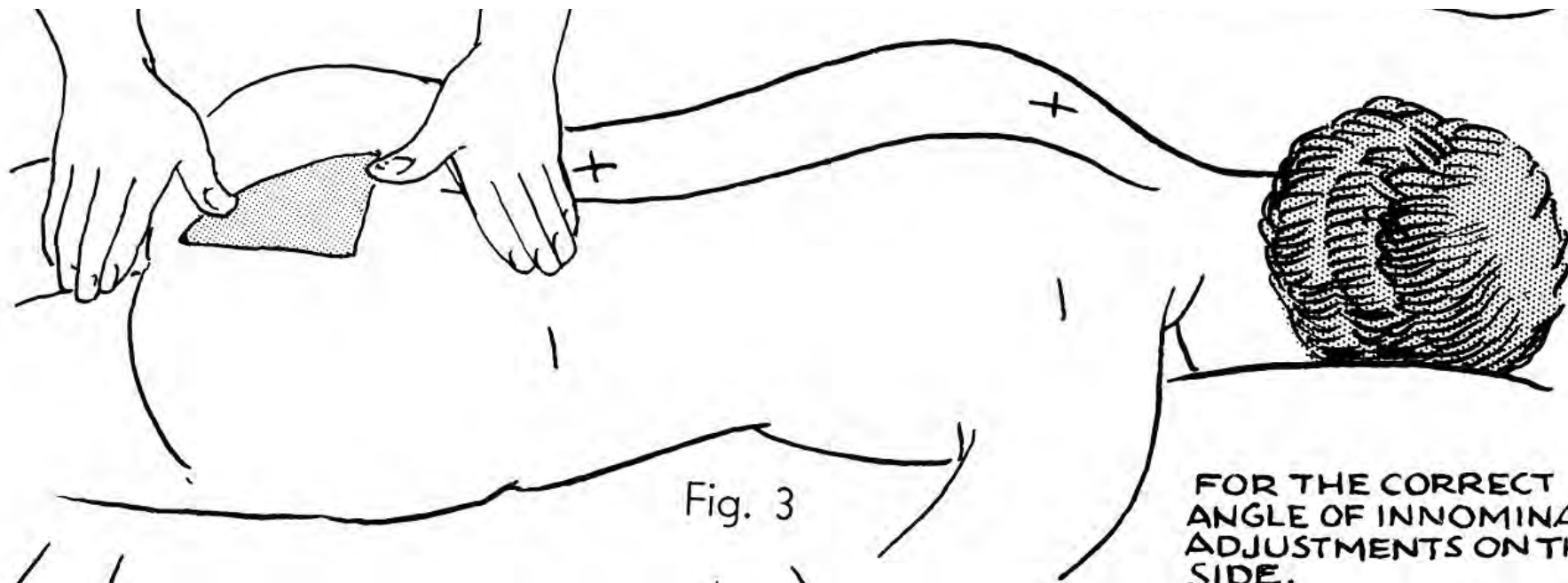


Fig. 3

FOR THE CORRECT
ANGLE OF INNOMINATE
ADJUSTMENTS ON THE
SIDE.
SEE CHART 34 BOOK 2.

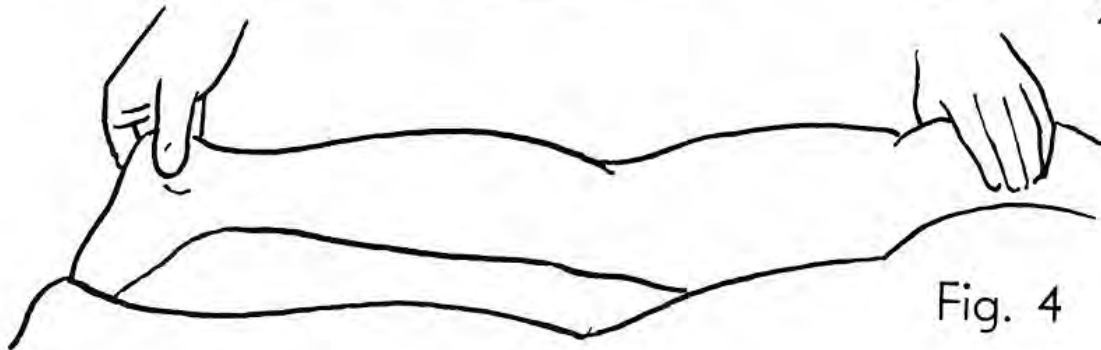


Fig. 4

FIG. 4 AND FIG. 2. ARE OUTWARD ROTATING
HEEL CONTACTS WITH ONE HAND ON THE
HIP AND THUMB ON THE HEAD OF THE FEMUR.
ONE HAND MAY BE SHIFTED FROM EITHER
PLACE TO THE POSTERIOR BACK TENSION
IN A ROCKING RELEASE.



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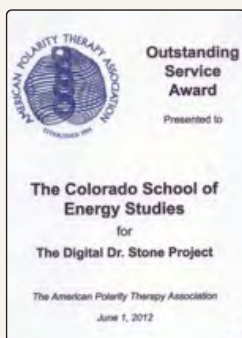
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Explanation of [Chart No. 4](#)

This chart illustrates a simple and easy method of correcting the lateral tilt of the sacral base. The thumbs indicate the definite direction of vibratory contacts. Other holds can be used as long as the direction is correct for balance. A full-hand contact can also be used here, but is not included in the chart as the contact would cover the sacrum and would not demonstrate the direction of the impulse.

The lateral sacrum and the posteriority are the main factors here for polarity balance.

The posteriority is marked by a plus sign everywhere in the drawings.

FIGURES 2 and 4 show an excellent heel contact which is a rotational straightening stretch on the curved-in heel to straighten it, usually in an outward direction on the posterior side of the body. Hold it under mild tension with one hand as shown here, and use the other hand on the posterior part of the back to rock it superiorly and toward the floor as well as to complete the polarity contact. See charts [No. 54](#) and [55](#) in the supplement to book II.

The hip is treated the same way while the heel is held as shown in figures 2 and 3 on this chart and in figures 1 and 2 of [chart No. 20 in book III](#).

[Chart No. 14 of book III](#) - figure 1, reprinted in this book - illustrates the easiest and most effective way to correct the lateral sacral tilt. The patient on the table in this case presented the sacral base tilt - inferior on the right side - as shown in [chart No. 2](#), figure 2 in this book. The sacral tilt and the spinal curves have been sketched in to make it easy to see what is needed to correct both.

Curved and distorted heels are usually very tender, which indicate polarity reflex blocks in the current here and in the neuter [neutral] pole of the womb, ovaries or bladder, and in the male it indicates prostatic [prostate] trouble.

So it is evident that functional polarity distortion was at work here to pull the heel out of its natural structural alignment, as the primary factor of distortion.

The center of the heel represents the central pelvic organ in the male and in the female. The organs of the pelvis have their polarity reflex laterally, on each side of the ankle. See charts No. [17](#), [31](#) and [33](#) in book II.

CHART NO.5. THE CAUSE OF THE SHORT LEG AND ITS PHYSIOLOGICAL REACTION.

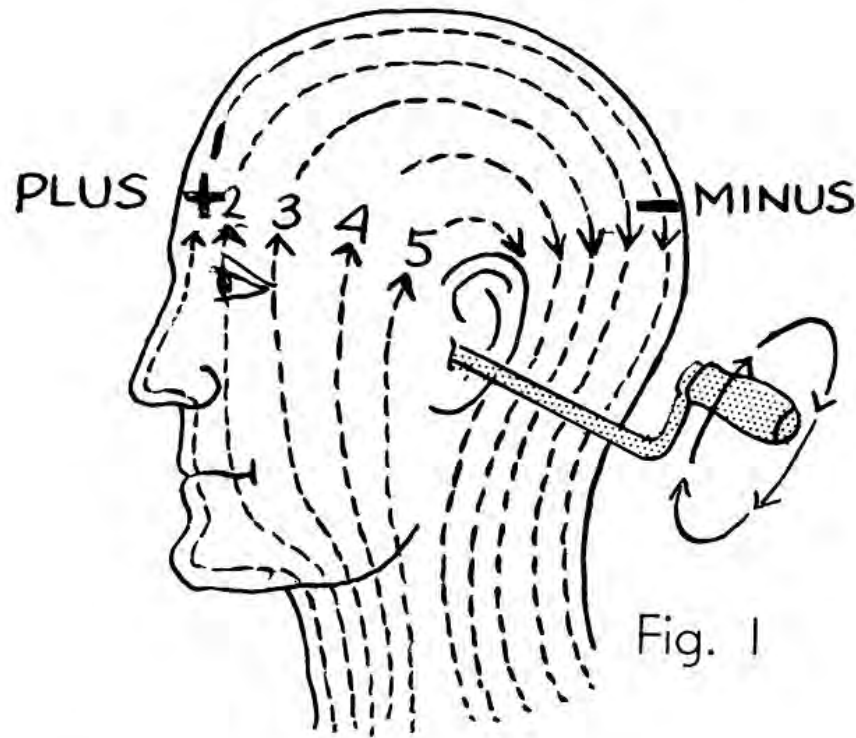


Fig. 1

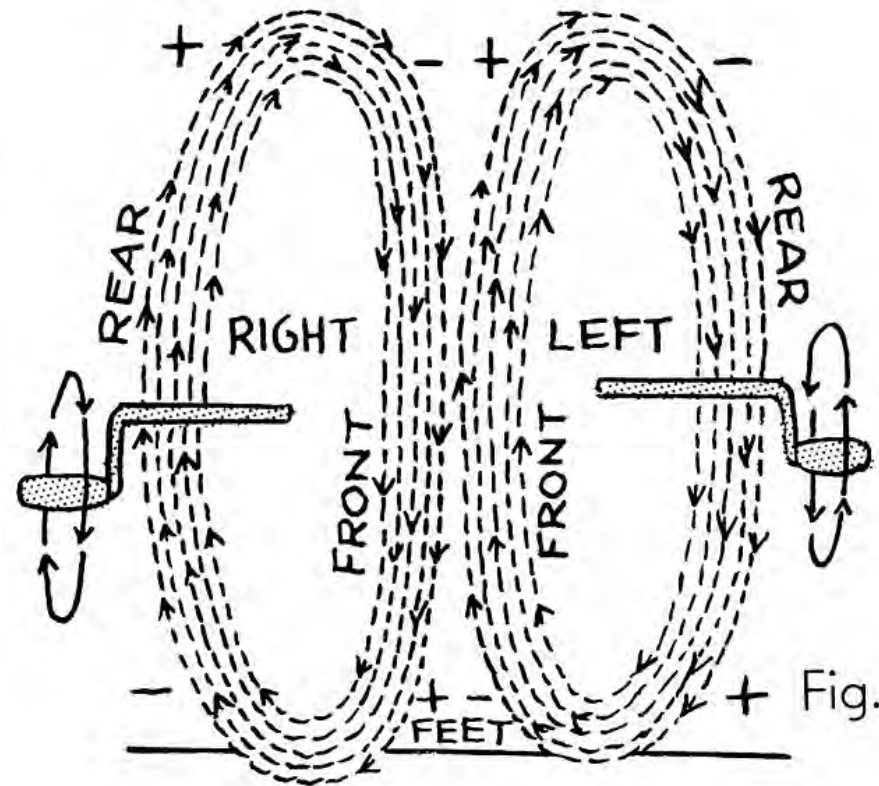


Fig. 2

ELECTRO MAGNETIC CURRENTS WHICH TRAVEL FROM HEAD TO FOOT ON EACH SIDE OF THE BODY IN OPPOSITE DIRECTIONS.

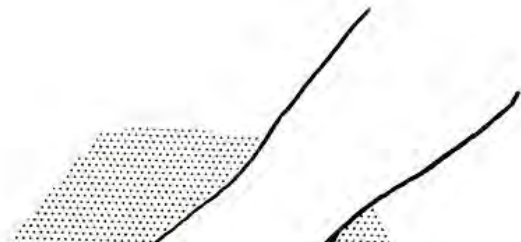




Fig. 3

A POLARITY CONTACT ON THE SIDES OF THE BIG TOE WITH PRESSURE AND A STRETCHING MOVEMENT, TOWARD THE MEDIAN LINE OF THE BODY, THIS IS USED WHERE THE QUICK TAP ON THE JOINT IS COUNTER INDICATED.

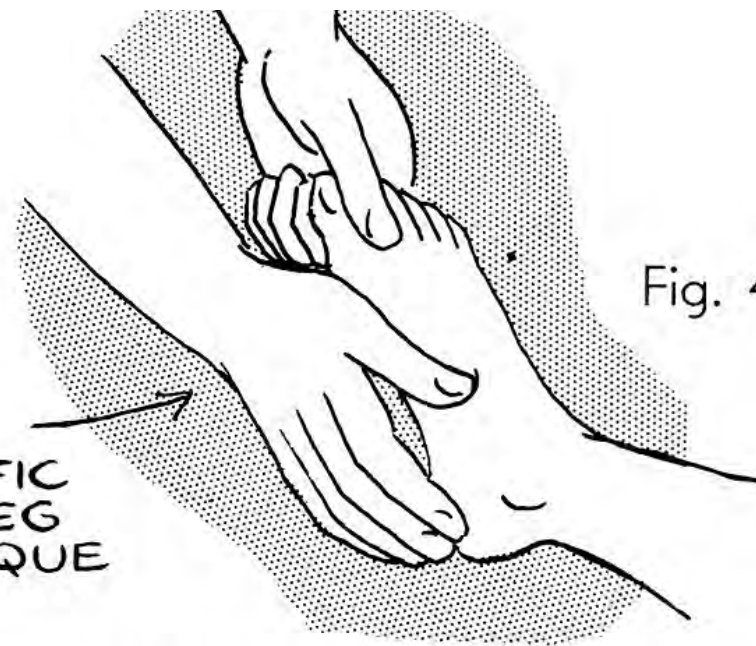


Fig. 4

A SPECIFIC
SHORT LEG
TECHNIQUE

POLARITY REFLEXES FOUND IN THE JOINTS OF THE BIG TOE. A MILD SHOCK TREATMENT WITH RESPIRATORY REFLEXES, SHOULDER TENSION RELEASE AND LENGTHENING THE USUAL SHORT LEG.

SEE CHART NO. 37, BOOK 2.



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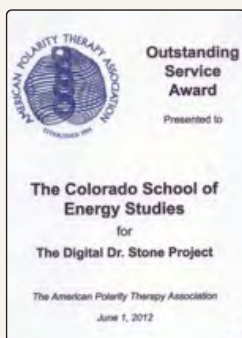
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Explanation of [Chart No. 5](#)

This chart is a composite of figures 2 and 4 from [chart No. 8 of book II](#) and figures 2 and 4 from [chart No. 17 of book III](#).

Figure 1 portrays the systemic direct energy currents which pass over the body from the head to the feet and toes; also over the arms, hands and each finger, as a circuit. **THESE ARE ENERGY CURRENTS AND THEIR POLARITY CIRCUITS.**

Figure 2 gives the over-all electromagnetic currents which carry their sensory impulses to all fields over the body.

After years of research, I found that the one point of respiratory polarity reaction through the center core radiation was not only a quick method but was also most effective. To know which circuit is involved is the real art. Without this knowledge, it is guess work no matter what system is used.

The transverse arches of the feet are the negative poles for the shoulders and the respiratory center of the brachial plexus. The big toes are in its center line over the body, as shown in charts No. [3](#), [5](#), [6](#) and [7](#) in book II.

The large joint of the big toe is a negative representative of the 7th cervical vertebra [C7], on each side. The respiration and circulation can be quickened through this inferior pole by the application of a quick blow to the joint, administered with the softest cushion of the hand of the operator, immediately below the thumb. It is really a mild shock treatment which stimulates both the respiration and the circulation. It makes the leg long at once. And, if applied to the short leg only, it will make it long and balance the over-all electromagnetic circuit by this quick stimulation at the most negative pole.

Figure 4 illustrates this move. The toe is held firmly and stretched. The tap is quick and is applied a little below the center of the large joint, and there is a gentle click when properly done. It is effective. But for arthritic joints and chronic sore ones, this correction should not be attempted until the area has been prepared by gentle but firm pressure and stretching of the big toe, as is shown in figure 3 of this chart. It may be necessary to do this for several visits before the toe - or the bunion if there is one - is ready for this release.

The anterior sacrum is also a factor in this physiological short leg, and must be corrected when such a condition is present. The directions for this correction by means of Polarity Therapy are covered in the chapter on the Sacrum. See [Chart 20, Fig. 3 in Book III](#).

CHART NO.6. POLARITY THERAPY APPLIED TO THE EXTREMITIES FOR HEART TROUBLE.

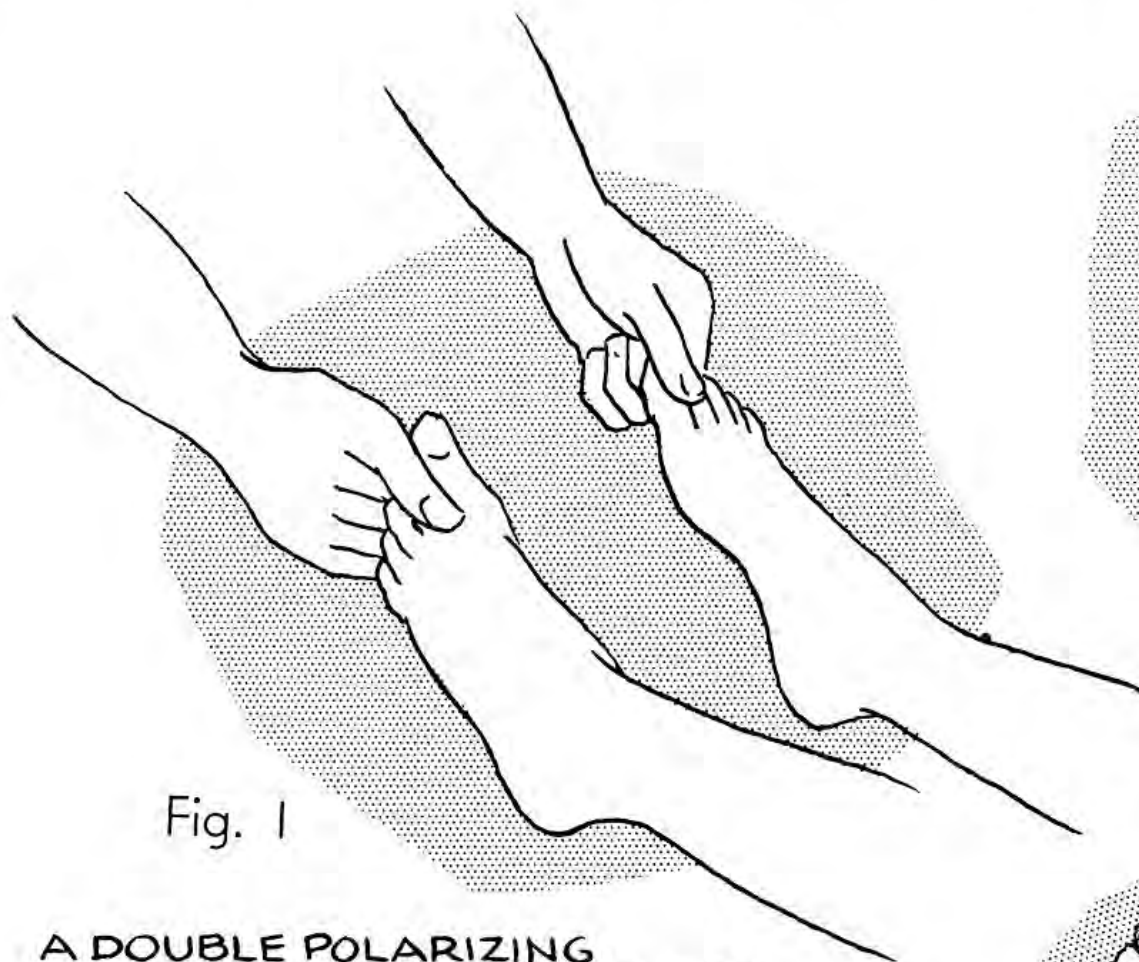


Fig. 1

A DOUBLE POLARIZING
CONTACT ON THE FIRST JOINT
OF EACH SECOND TOE.

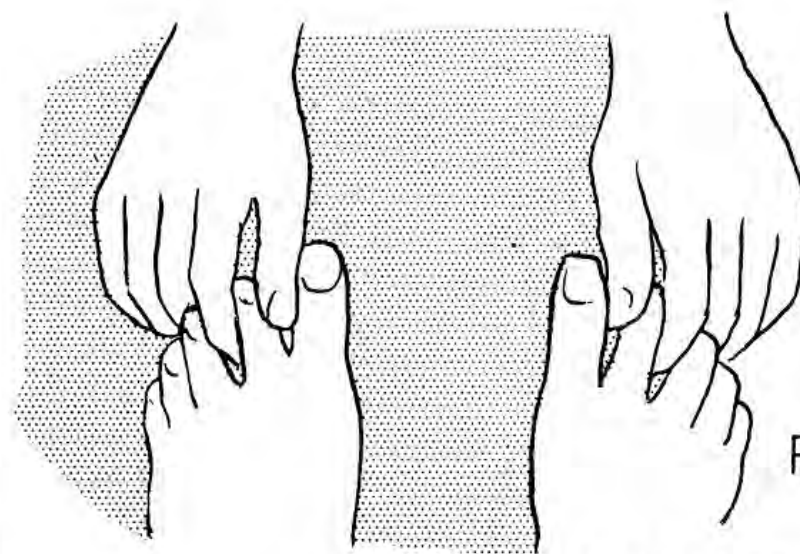


Fig. 2

A LATERAL POLARIZING CONTACT
ON THE FIRST JOINT OF EACH
SECOND TOE.

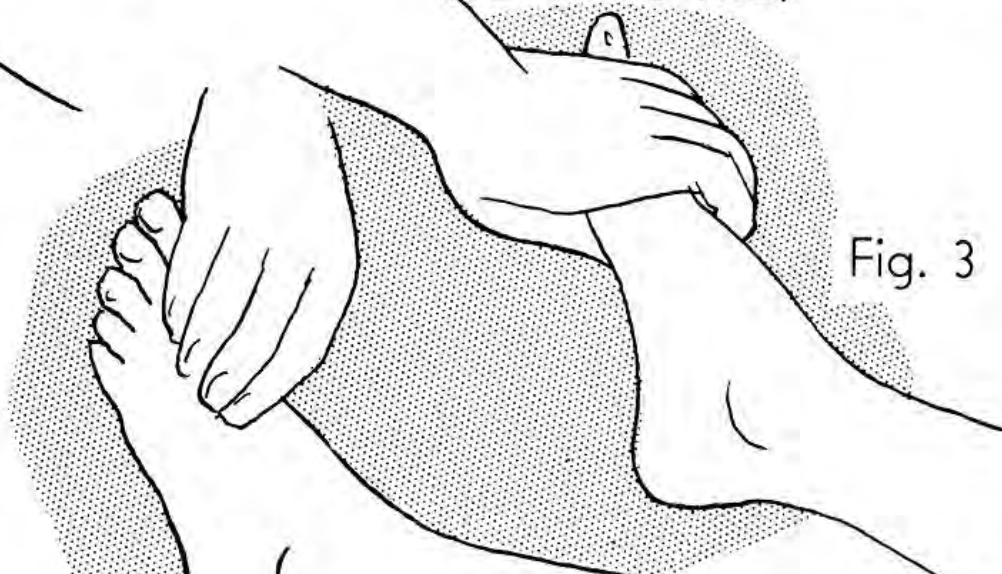


Fig. 3

Fig. 4

A DOUBLE POLARIZING CONTACT ON THE FIRST FINGER TIPS, ANTERIOR-POSTERIOR AND LATERAL PRESSURE ON THE FIRST JOINTS.



A DOUBLE POLARITY CONTACT ON THE SORE SPOTS BETWEEN THE TENDONS ON TOP OF EACH FOOT, SUPPORTED BY THUMB PRESSURE ON THE SORE SPOTS ON BOTTOM.

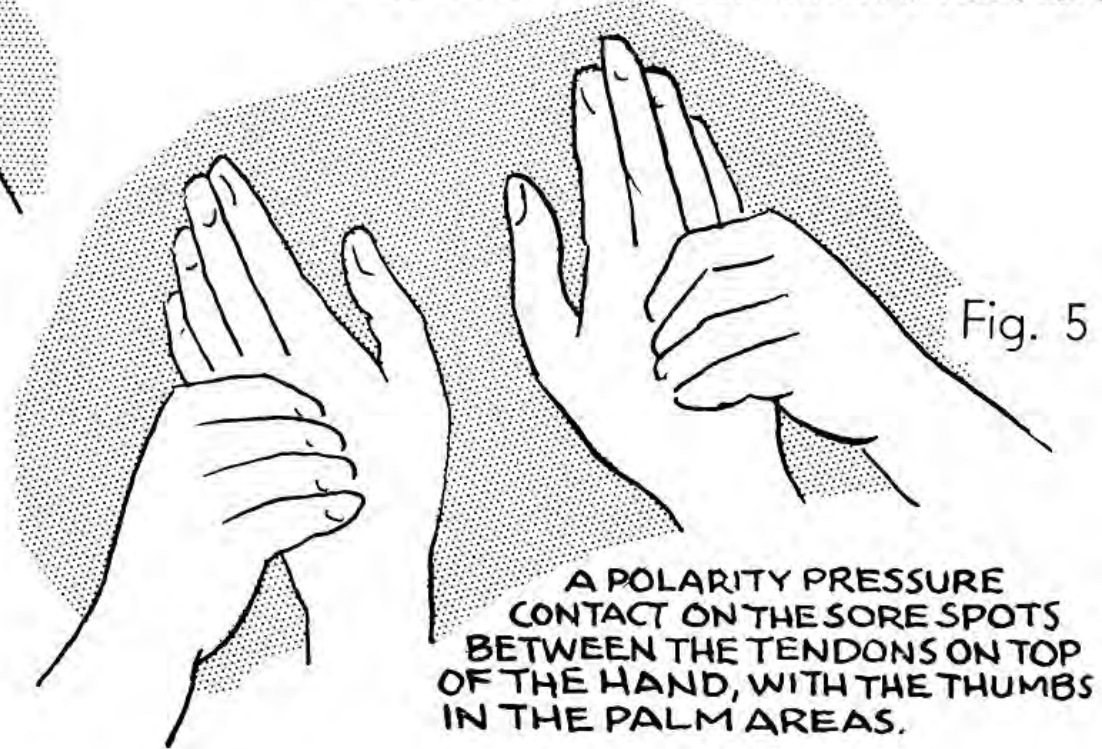


Fig. 5

A POLARITY PRESSURE CONTACT ON THE SORE SPOTS BETWEEN THE TENDONS ON TOP OF THE HAND, WITH THE THUMBS IN THE PALM AREAS.



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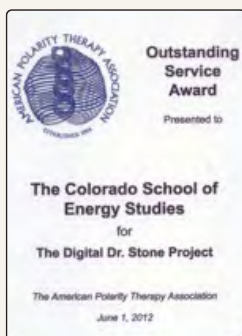
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Explanation of **Chart No. 6**

This is a composite chart consisting of [figures 1, 2 and 3 from chart No. 8 in book III](#) and [figures 4 and 5 from chart No. 20 in book III](#), the latter two being listed on this chart as figures 3 and 5. The composite is reproduced as chart No. 6 in this book for your convenience.

Since stagnation and coldness of the circulation start in the feet, the application first deals with this general block. The feet constitute the negative pole, where the first and severest blocks occur. The hands are the neuter [neutral] pole and they are affected next in line by the lack of circulation.

There are the three toes of both feet and the three fingers of both hands, as well as the space between the thumbs and fingers and between the big toe and second toe on each foot where pressure must be applied in a bipolar way, to balance the inequality in each side of the body and repolarize it in addition to removing the local blocks which obstruct the current flow.

The tips and first joints of the first three fingers are all heart polarity reflex points for contact in the application of POLARITY THERAPY.

The space between the thumb and the first finger is of prime importance because the first finger is the true polarity reflex finger to the heart. Squeeze this area between your thumb and finger all along the thumb line. Take hold of both hands simultaneously so they may also become polarized or equalized as you work with them. Then use your finger tips and work between the tendons of the first and second fingers, the second and third fingers, and the third and fourth fingers.

For doing this, grip each hand between your thumb and fingers (your thumbs contacting the surface in the palms of the patient's hands, and your fingers on the tops of the hands as shown in figure 5) and squeeze the sorest spots in between the tendons in rhythmic motion. Go from one interspace to the next on the hands.

Then do the same thing on the feet and the space between the tendons; and press on the bottoms of the feet also to steady the contact and reinforce it, as shown in figure 3 of this chart.

The back of the hands and the top of the feet have a polarity reflex to the back of the body, over the shoulders, the area of the brachial plexus.

Breathing rules Life and the heart beats. Where there is no breath there is no life. The heart may stop, but the Life is in the breath and it can return and start the heart again. This has happened many times. That is why there is a mirror test for the detection of the faintest sign of breath, when there is no evidence of life according to heart beat or pulse beat. Life is an inner, unknown, finer function of the soul.

After manipulating the finger and toe interspaces, firmly pull and squeeze the first joints of the index fingers for about one minute as shown in figure 4 of this chart. Proceed with the second fingers and then the third fingers of both hands in the same manner.

Then use the same polarity contact on the feet, as shown in figure 1 of this chart, pulling and firmly squeezing the three toes next to the big toe on both feet. Simultaneously work on both feet with both hands, but on one toe of each foot at the same time, standing at the foot end of the bed or table for this application.

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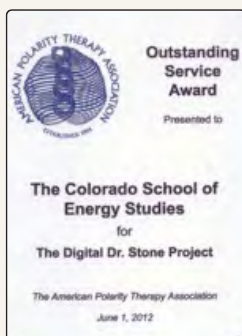
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Explanation of [Chart No. 7](#)

This is another composite chart, reproduced here as chart No. 7 for your convenience. Figure 1 is a reprint of [chart No. 24 in book III](#). It is also similar to that listed as "Countryside Technique" in [chart No. 46 of book II](#), and the same contact is illustrated as table or bedside technique in [chart No. 36 of book II](#). Figure 2 on this chart is a reprint of figure 3 from [chart No. 25 in book III](#).

Get under the shoulder as high as you can, near the top of it, and lift and hold on for one to three minutes on both sides, one shoulder at a time. This is the most potent release of all for the brachial plexus and it does wonders. Repeat several times, until the patient can breathe easily.

IN ALL SUCH EMERGENCIES, this is the first thing to do on the left shoulder, then the right. Lift and hold!

Do it frequently as the patient improves, and as a daily treatment.

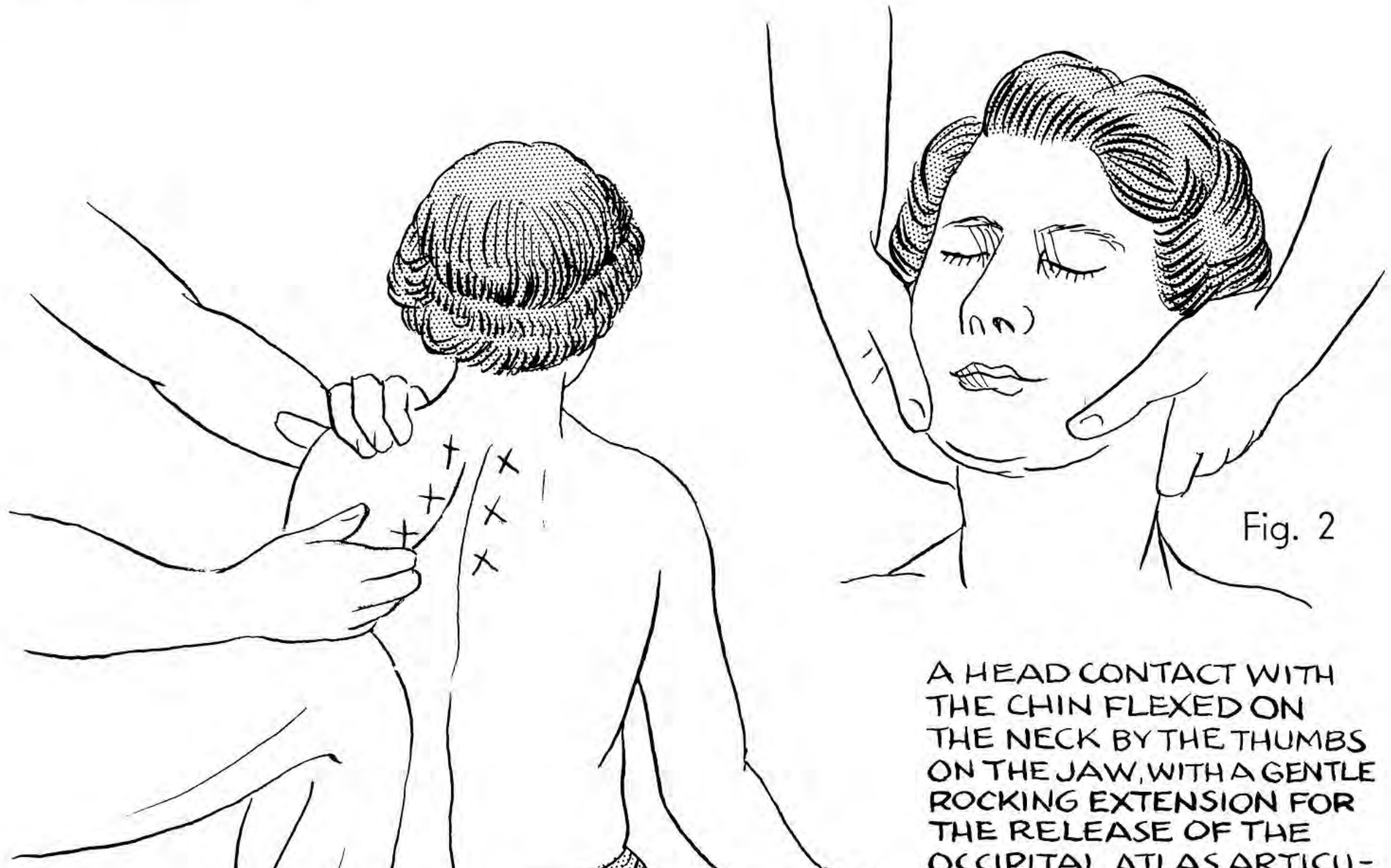
The patient and the doctor will be astonished what can be done in the hour of need with this simple procedure, based upon the principles of Life and energy currents which rule and govern the body of man.

PLEASE NOTE: In treating heart cases, the anterior dorsals [thoracics] must be brought posteriorly. The sorest spinal process tip is the most anterior and it is essential that it is corrected. Direct adjustment to the anterior in the upper half of the dorsal [thoracic] region should never be given in any heart case.

The lift shown under "Countryside Technique" in [chart No. 46 of book II](#) and in this chart, is excellent for such conditions. Also show the patient how to rest on the posterior dorsal [thoracic], on a solid support, and pull forward on the head, advising the patient to do this at least once daily.

The exercises illustrated in the last chapter of this book are also highly beneficial for heart, respiratory and digestive disturbances.

CHART NO.7. BRACHIAL PLEXUS AND OCCIPITAL RELEASE
AS A SPECIFIC FOR RESPIRATION, CIRCULATION, HEART
AND DIGESTION.



A HEAD CONTACT WITH
THE CHIN FLEXED ON
THE NECK BY THE THUMBS
ON THE JAW, WITH A GENTLE
ROCKING EXTENSION FOR
THE RELEASE OF THE
OCCIPITAL ATLAS ARTICU-

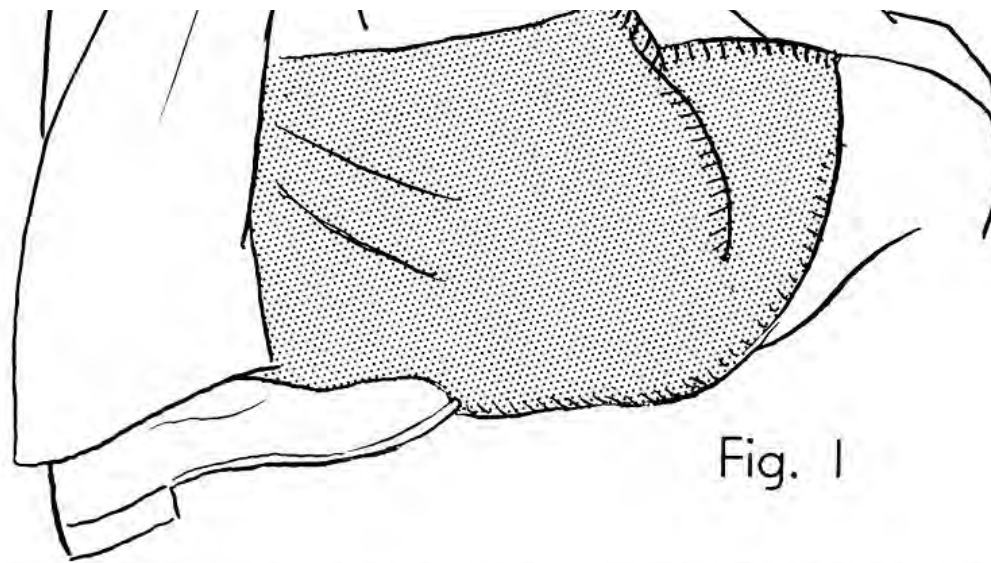


Fig. 1

COASTAL VERTEBRAL JOINT
LATION, NECK TENSION
AND ENERGY BLOCKS IN
HEART CONDITIONS.

RELEASE OF BRACHIAL PLEXUS BLOCKS BY GETTING
THE FINGERS UNDER THE SHOULDER BLADES AS
HIGH AS POSSIBLE IN A LIFTING MOTION WITH
THE PATIENT SITTING UP. SPECIALLY INDICATED
IN HEART TROUBLE AND RESPIRATORY DIFFICULTY.
SEE CHART NO. 36, BOOK 2, FOR THE TABLE TECHNIQUE.



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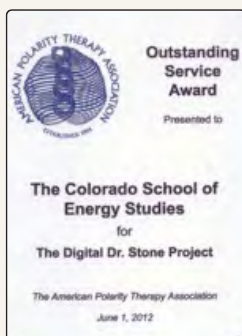
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Explanation of [Chart No. 8](#)

The diaphragm is the central muscle of respiration and life's function in the body. Normally, the heart beat and respiration are in direct ratio to each other. In disease this is not so. The severity of the illness can almost be measured by the disruption of this rhythmic relationship between the airy current of respiration and the fiery energy of the heart beats.

It is not so much the extremes which are so dangerous as it is the patterns of incompatible relationships. Naturally it is advisable to bring both factors to as nearly a normal rhythm as possible, by any form of therapy employed. In [Polarity Therapy](#) the aim is to establish the normal energy current flow in the body's wireless system through its fields of response at the [neuter](#) [neutral] pole, the [negative](#) pole and at the [positive](#) pole.

Energy waves on one side balance those on the other side of the body by traveling in the opposite direction. See charts [3](#), [5](#), [6](#), [7](#) and [8](#) in book II. The two fishes in the sign of Pisces illustrate these hidden currents by swimming in opposite directions. This psycho-physiological principle dates back to the creation of man.

Others have employed certain phases of these underlying principles, but no one seems to have had the practical understanding of the [whole picture](#); that is, [all the currents in each one of the fields](#), and applied this knowledge to the healing art of the human body since the days when it was used by wise physicians centuries ago. If only the good Doctor Fitzgerald^[1] had known this lost art of the ancients [in its entirety](#) and practical application, the world would have benefited immensely by it.

The reason [Polarity Therapy](#) is so effective when once understood and correctly applied, is because it deals with the wireless waves of the body, which have their [polarity reflexes](#) to the [five senses](#), the [five fingers](#) as touch and skill, and the [five toes](#) as motion and action. Cause and effect can easily be balanced when they are known and balanced [in their fields](#).

The diaphragm and the heart are both muscular structures. The diaphragm is the neuter [neutral] pole which controls both functions. Without the action of the diaphragm, there is no oxygen and no breath; hence, without its action no life is possible, not even one heart beat. So it is not really the physical heart which controls this function, but it is the [breath of life and respiration](#).

In cases where the heart is in danger of stopping, or has stopped, it can be started again by establishing [diaphragmatic function](#) and breathing. For this purpose there is no application as effective as [direct rhythmic lifts under the floating ribs](#), especially on the left side, where the fingers of both hands can reach under the floating ribs, deeply, in a double grip and gentle lift, repeated in rhythmic applications. This is a good emergency measure in any type of therapy. [Start the diaphragm to function!](#) For [motor](#) release of this area see [chart No. 7](#) in this book.

Then by more gentle procedure of Polarity Therapy, the positive fields above can be balanced with the neuter [neutral] centers of action in the chest. For this purpose chart No. 8 presents [ideal but simple](#) polarity contacts and moves.

FIGURE 2: The doctor stands at the patient's right side with his [left](#) hand placed over the left shoulder of the patient. The hand fits exactly over the shoulder by laying the thumb below the clavicle and the hollow of the hand over the head of the humerus, pushing it posteriorly. The fingers grip the

trapezius muscle firmly in rhythmic action of alternate gripping and release.

¹ William H. Fitzgerald (1872-1942), an American otolaryngologist who founded the practice of Zone Therapy in the United States. Zone Therapy is a precursor to modern Reflexology.

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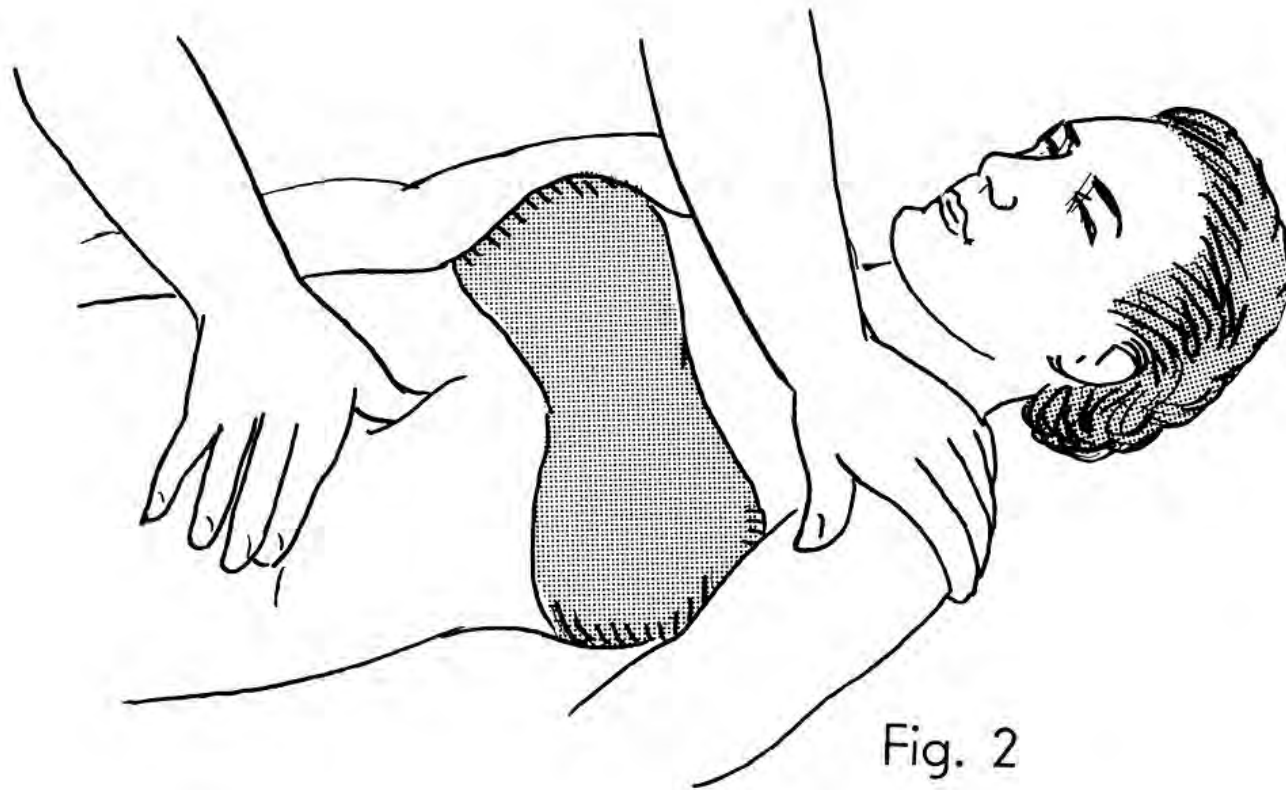
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CHART NO.8. RELEASING THE ENERGY BLOCKS IN HEART
TROUBLE BY POLARITY TECHNIQUE WITH DIAPHRAGM
AND SHOULDER CONTACTS.



Fig. 1





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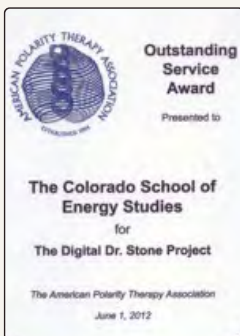
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Explanation of [Chart No. 9](#)

FIGURE 1 shows a contact with the right thumb of the operator placed in an upward direction, under the sternum, for polarity reflex to central organs.

The thumb of the left hand of the operator is steadied firmly over the pituitary region of the forehead, and the fingers of the left hand mildly [mildly] stimulate the center of cardiac stability shown in figure 3.

This central positive pole has a polarity reflex to the negative pole of the centrally located organs of the womb and the prostate gland.

FIGURE 2 consists of the same sternal contact except that it is pointed slightly to the left and toward the firm contact on the jaw for relaxation of the abdominal viscera.

When the right jaw contact is indicated, then the thumb is placed under the sternum on the right side, pointing upward toward the jaw contact on that side.

These contacts have a very soothing effect and are specifics for the release of heart and digestive blocks and for toning these areas.

FIGURES 3 and 4 are self-explanatory and have been reprinted here for your convenience from [chart No. 43 in book II](#).

Other faculties in the brain, which act as positive directive control poles of energy distribution, may also be used in this manner of polarization. See [chart No. 44 in book II](#).

CHART NO.9 A CONTACT UNDER THE STERNUM WHERE THE TENSION IS, WITH A STIMULATING FINGER CONTACT ON THE CARDIAC STABILITY CENTER OF FIG.3, AND A STEADY THUMB CONTACT OVER THE PITUITARY REGION ON FOREHEAD.

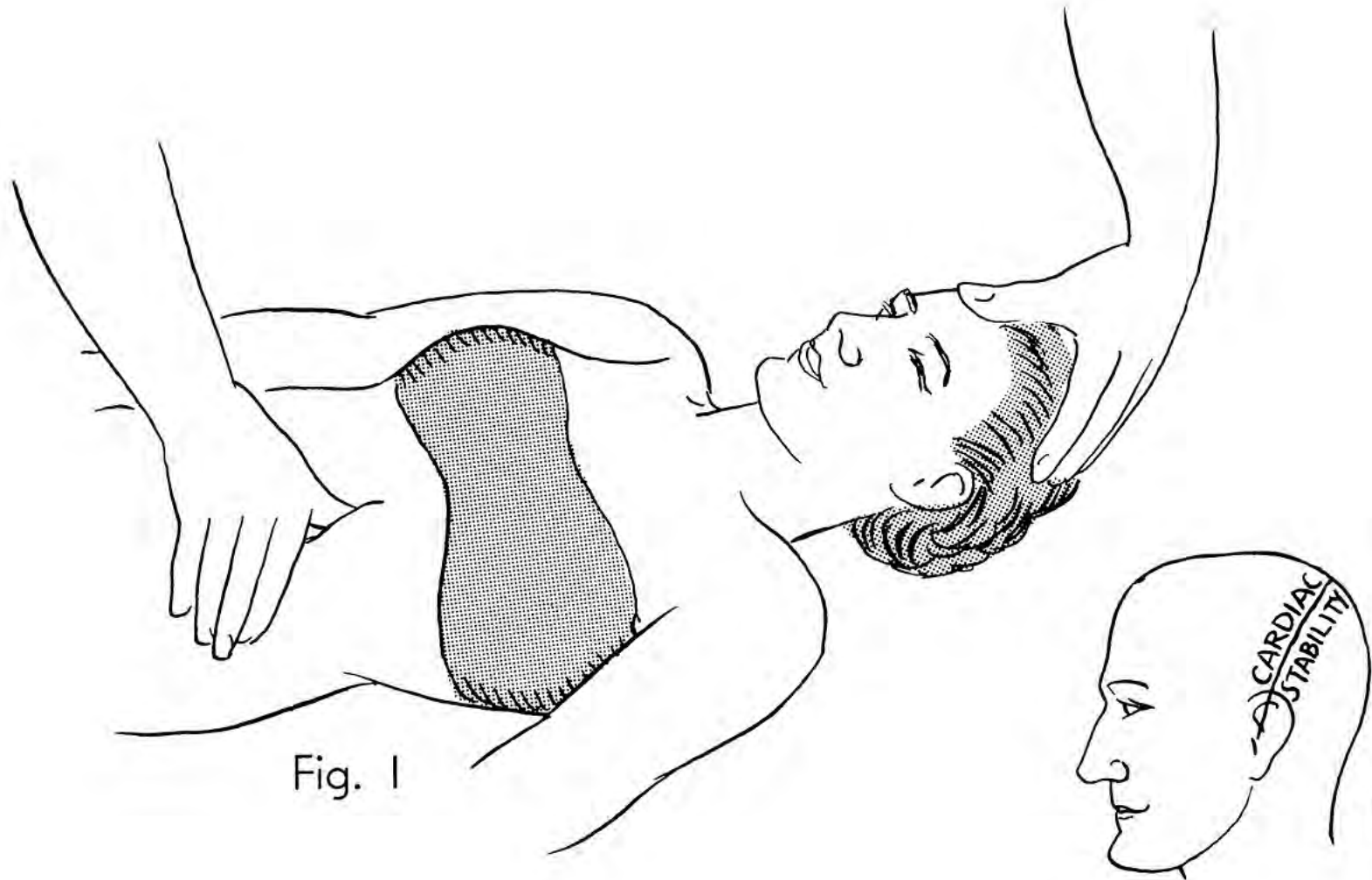


FIG.2 A SUBSTERNAL
CONTACT WITH THE
FINGERS ON THE JAW
IN A FIRM CONTACT OVER
THE RELAXING CENTER OF
FIG.4. SEE CHART 43, BOOK 2.

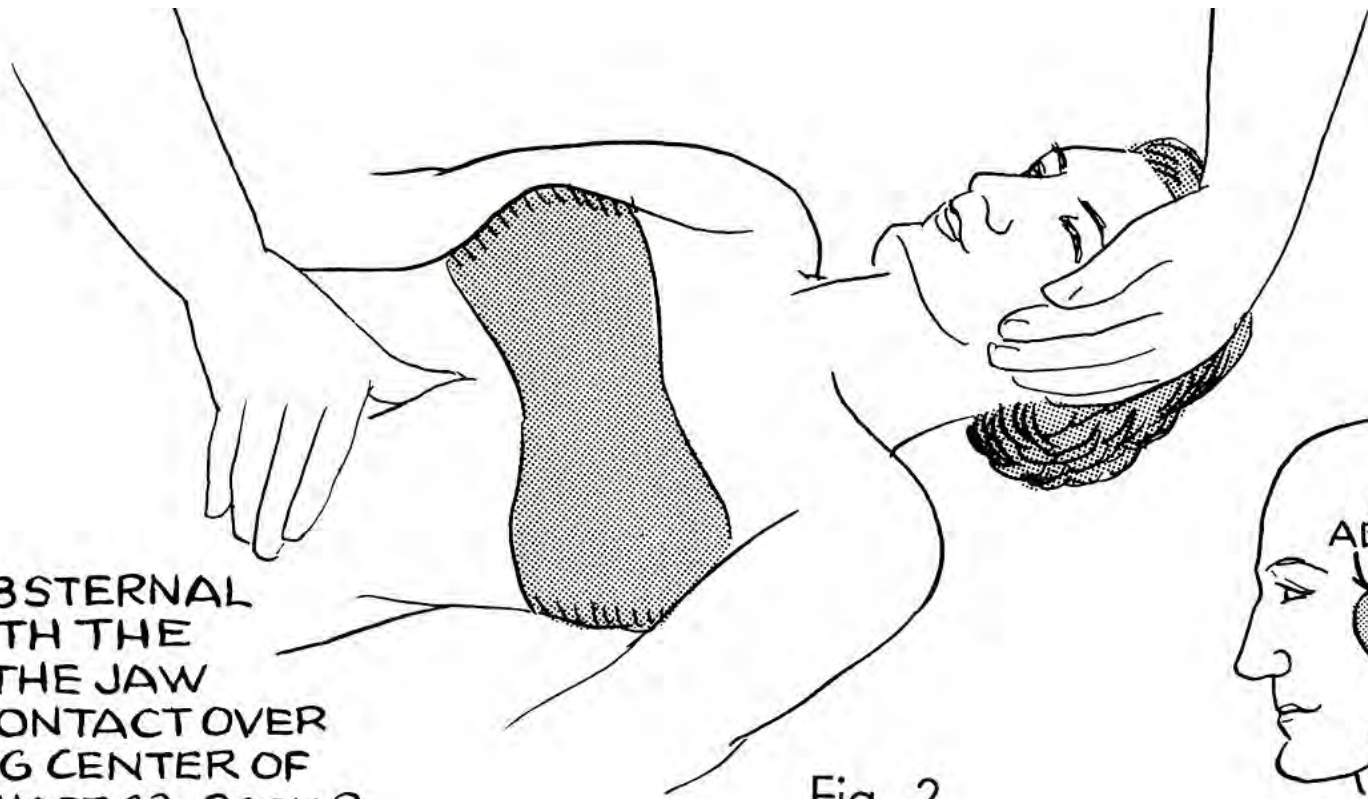


Fig. 2

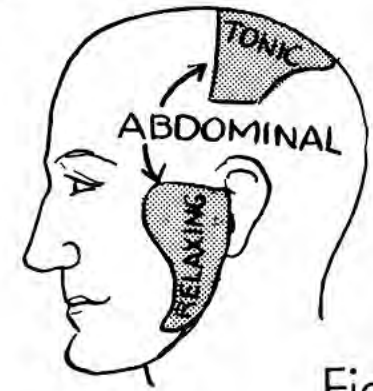


Fig. 4



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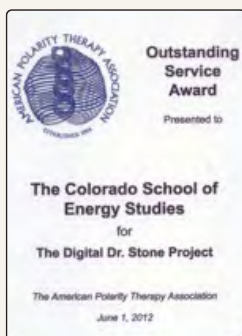
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Explanation of [Chart No. 10](#)

It is not an easy matter to present an exercise for heart trouble because that is the one time when nearly all physicians agree on complete rest and no exercise of any kind. This is very wise procedure in all acute attacks and with reference to the usual form of exercise. However, this does not take care of the problem after the acute stage nor does it help the heart patient to bring him back to as near a normal balance as Nature will permit.

Inaction is no cure for heart trouble. Moderate action and the release of gases as shown in charts [No. 63](#) and [64](#) of the supplement to book II, as well as the exercises given in my book entitled: "[EASY STRETCHING POSTURES FOR VITALITY AND BEAUTY](#)"^[1] have proven to be of great help to many patients.

The digestion is usually involved in heart trouble because the fiery energy which is the warmth in the blood is also the heat which digests the food. It is an energy principle which is involved in the whole of matter and not merely a constituent in the blood.

Gas pressure under the diaphragm is also an important factor. This may be due to distention of the stomach filled with fermenting, undigested food; or it may be due to diffused gasses from the colon. Directions for correcting both of these factors are in this book and in book III under the heading of "[Gas Releasing Techniques According to Polarity Principles](#)". Acute indigestion often resembles a heart attack in all its active symptoms.

The question naturally arises, how could any exercise benefit the heart and what kind should this be to restore the heart to a more natural function? Since strain and over-action are credited as causes of heart trouble, it seems strange that there could be a logical approach to exercise as an answer to this ticklish problem. Is it possible? The answer is "yes", and it has been proved in actual practise [practice].

Chart No. 10 is presented in this book to illustrate the foundation of the principle used here and as Nature's testimony to the process of building and restoring life in the body. In nearly all illness, when this position is possible, the sufferer assumes a posture - even while in bed - as nearly similar to the one the fetus [foetus] has during the period of gestation, when the body is being built. The vital currents evidently favor this posture because it is assumed spontaneously - consciously and unconsciously [unconsciously] - by patients in any violent pain in the anterior part of the body, especially in abdominal pain.

It seems quite evident that the position for building the form would be the best suited for its repair. This was also the foundation of charts [No. 63](#) and [64](#) in the supplement to book II and of the book, "[EASY STRETCHING POSTURES FOR VITALITY AND BEAUTY](#)"^[1]. Small children naturally assume this posture while at play.

The legs of the fetus [foetus] are upward, with the toes near the forehead; and the little arms are folded across the chest; thus polarizing one side with the other and the head with the feet.^[2] Polarity seems to work best in this position because the poles are then in closer proximity to each other for quick response. No action is necessary at this stage, but building is the major process.

It is in this posture that the four polarized elements of Nature have their turn of rhythmic action and play, one after the other, in their triune function of

positive, neuter [neutral] and negative action. The four conditions of matter itself are the actors who weave the body like threads of life

¹ This book is included as the second half of [Health Building - The Conscious Art of Living Well](#).

² This position is referred to as a "frank position" by obstetricians.

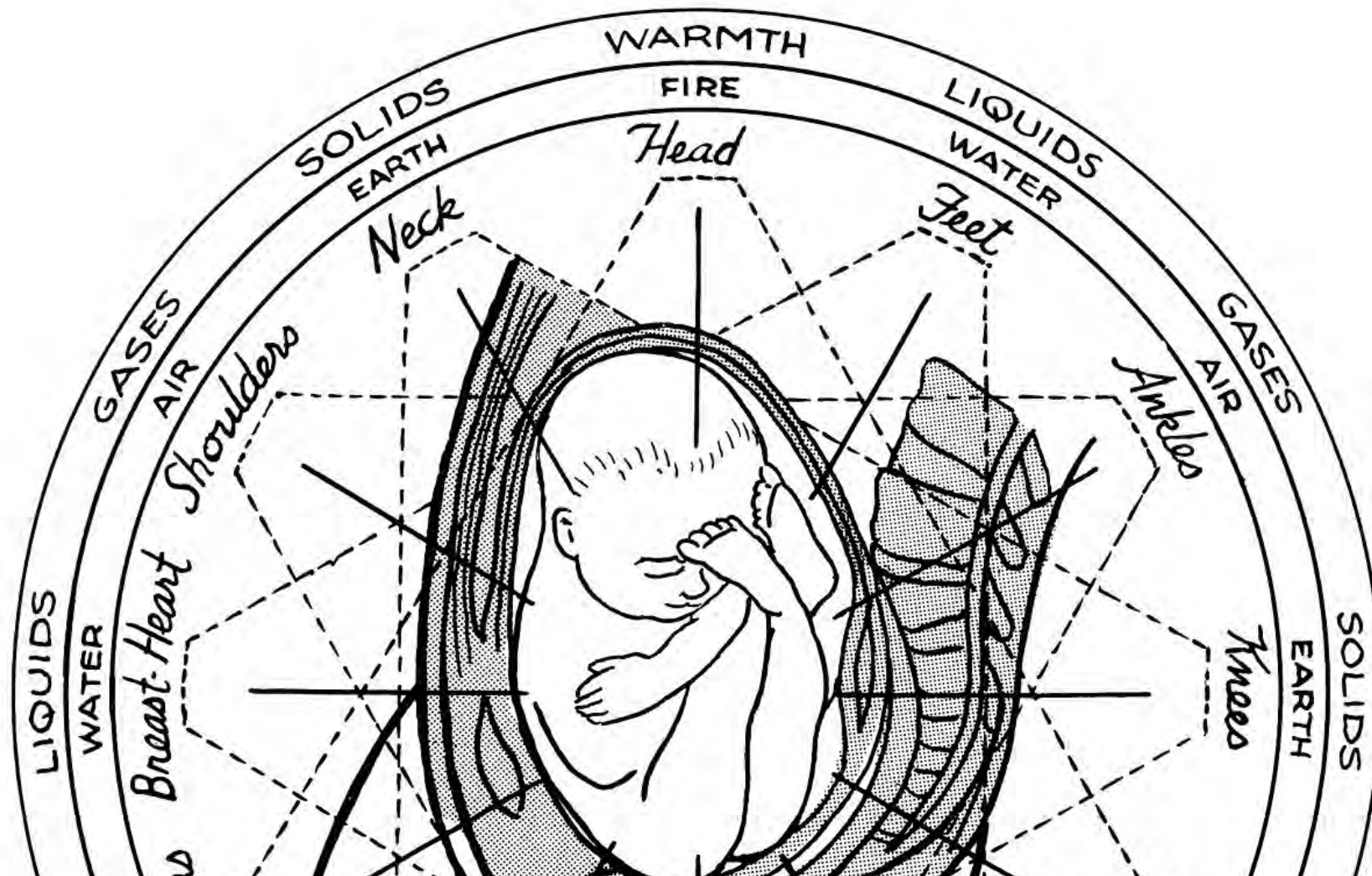
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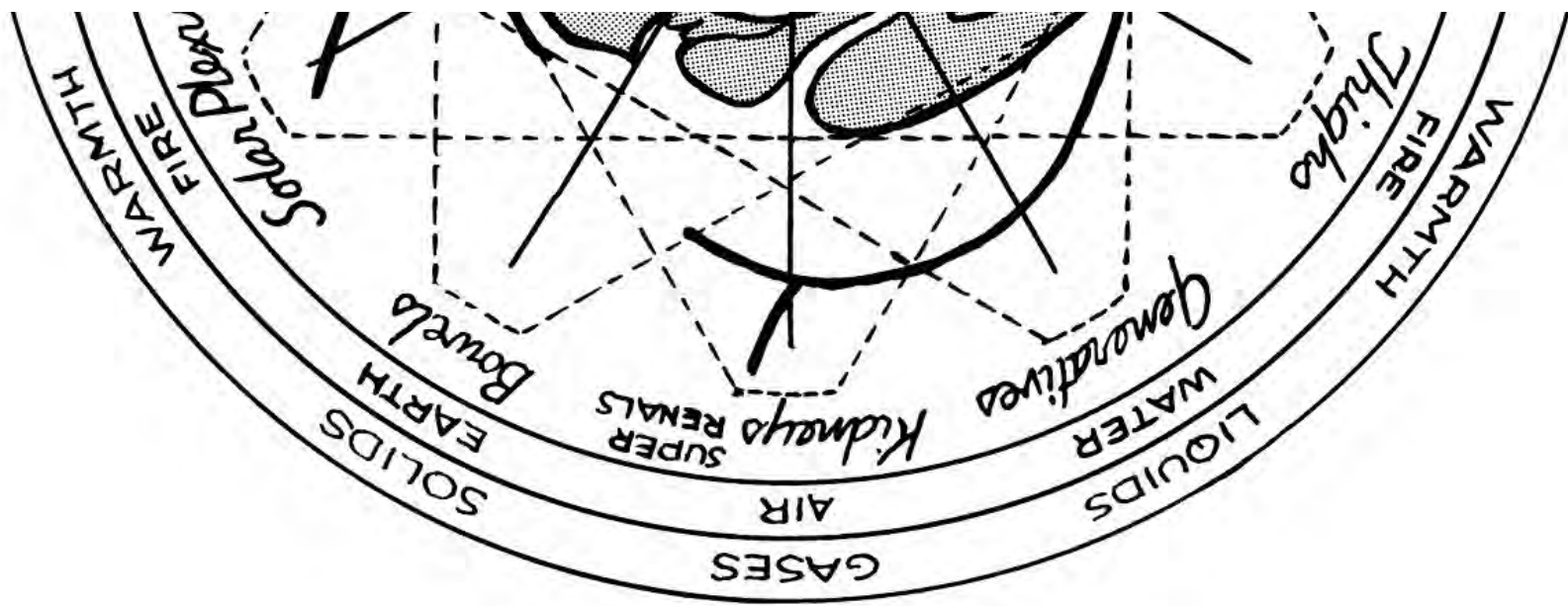
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CHART NO. 10. POLARITY RELATIONSHIP ESTABLISHED
IN FETAL LIFE AS THE BASIS OF POLARITY EXERCISES
FOR HEART AND DIGESTION.







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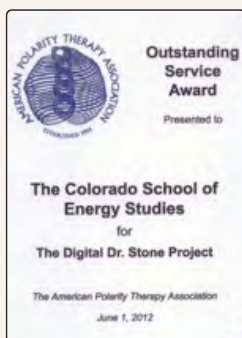
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Explanation of [Chart No. 11](#)

The exercise shown here is based upon the principle of respiration. It strengthens the abdominal muscles of breathing and frees the diaphragm.

By putting the legs close together and tensing them first, the muscles of the legs, the abdomen and the deep muscles in it are made rigid for the lifting motion. The psoas magnus [psoas major] and the iliacus are the two deep muscles of major importance here. They rise on the anterior surface of the lumbar vertebrae and are inserted as one head into the lesser trochanter of the femur. They are the main muscles involved in raising the legs.

The crura of the diaphragm also have their insertion where these muscles rise in the lumbar region. So the exercise of these muscles also acts on the diaphragm direct, via the crura, in a synchronized rhythmic action.

The two hands support and push in under the sternum and the ribs to give additional release to muscular tension and stagnation there.

This exercise also reduces the abdomen, relieves bloat, and improves the digestion and elimination by toning all anterior muscles. When done regularly, a few minutes every day is sufficient to notice all these benefits.

INSTRUCTIONS^[1]

1 - Before raising the legs, be sure to straighten and tense them and place them tightly together to raise them as one unit, in order to obtain the most benefit from this exercise.

2 - Push firmly under the sternum to support, specially exercise and free these muscles during both movements of raising and lowering. This assists in freeing this region of congestion and gas pockets, strengthens the muscles and relieves bloating.

3 - Start with three or four lifts of the legs to begin with. Then increase the number as you grow stronger. Do this several times every day. The benefit is visible and the toning is excellent.

4 - When the diaphragm is free, the heart is free to act without fear or apprehension.

¹ Modern exercise coaches recommend keeping the small of the back flat on the floor during this exercise. Arching the lower back can strain the back muscles.

CHART NO. 11. POLARITY EXERCISE FOR DIAPHRAGM
RELEASE THROUGH ITS CRURA ATTACHMENTS AND BY
TONING THE PSOAS, ILIACUS AND ABDOMINAL MUSCLES.

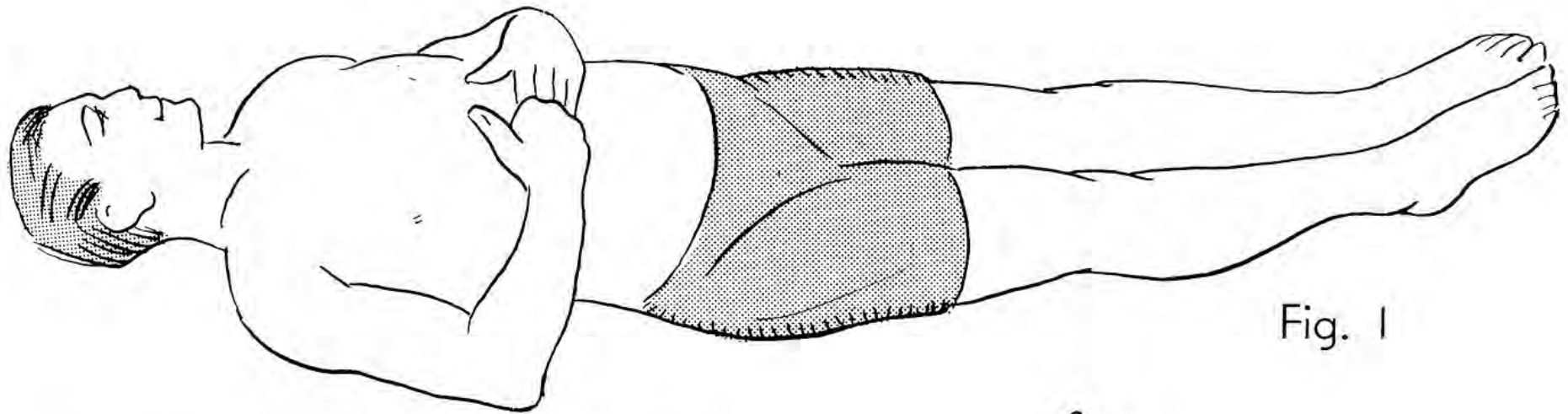


Fig. 1

BOTH HANDS PRESS IN THE CENTER UNDER
THE DIAPHRAGM. THE LEGS ARE TENSED
AND CLOSE TOGETHER, THE FEET ARE EXTENDED
IN A STRETCH. THIS IS THE BEGINNING OF
THIS EXERCISE.



THE LEGS ARE SLOWLY RAISED AND
LOWERED UNDER TENSION SEVERAL TIMES.

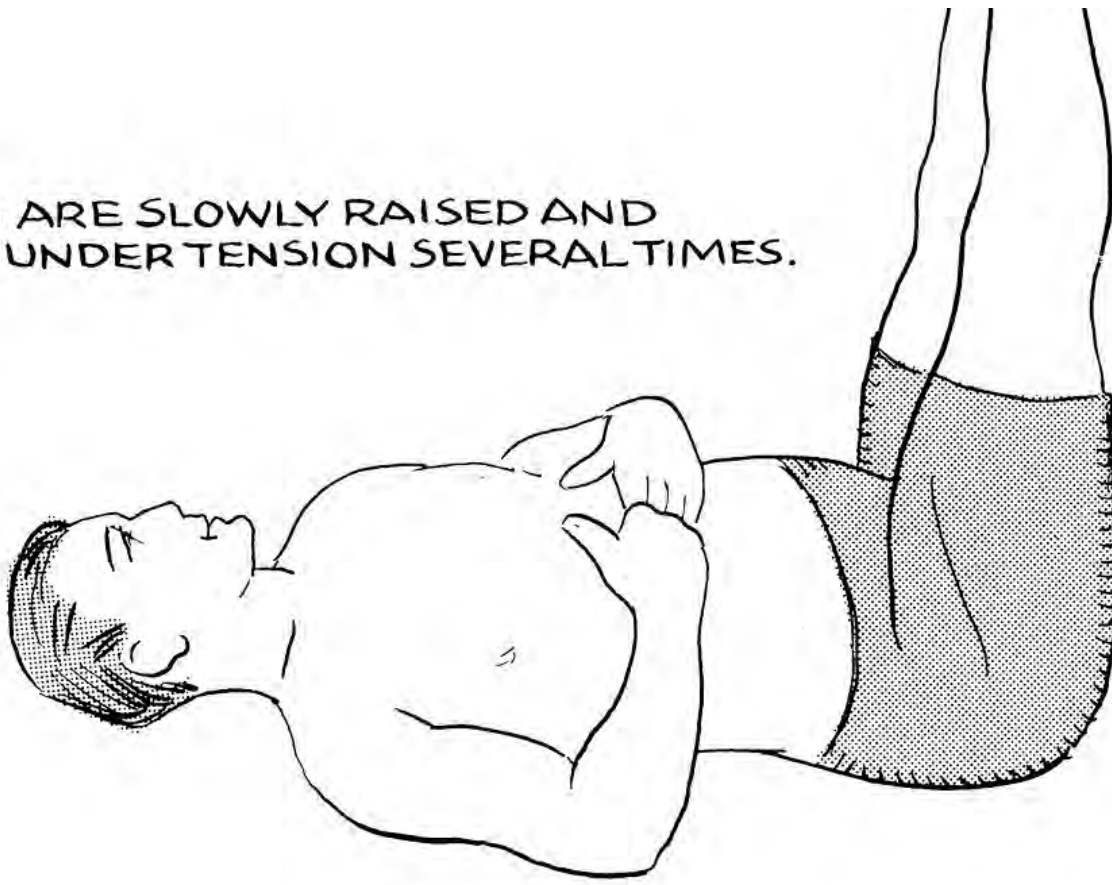
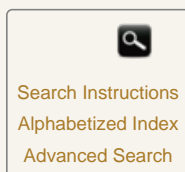


Fig. 2



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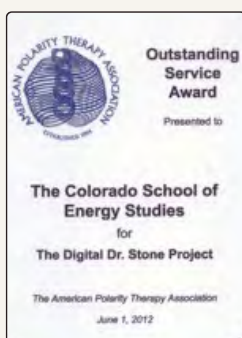
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Explanation of [Chart No. 12](#)

The polarity exercise is based upon the position of the fetus in the mother's womb. The flexed legs have a polarity relationship to the neck. The neck sits on top of the trunk while the thigh muscles support the bottom of the trunk. When there is tension in one it is found in the other also as they are opposite poles of action.

The inner thigh muscles polarize to the throat and neck muscles, including the sternocleidomastoid muscles which are usually spastic in torticollis. When the thigh muscles near the trunk are held firmly and released by this exercise, it will release the neck muscle spasms, even in torticollis. What a boon this can be to singers with throat spasms.

The outside muscles of the thigh polarize to the back of the neck and sides.

INSTRUCTIONS

FIGURE 1 shows the beginning of this powerful exercise. With both hands grasp a handful of muscle tissue on the inner side of the thighs, near the pelvis. Grip the tissue firmly and at the same time pull the legs up with the hands.

FIGURE 2: Then, continuing the hold with the hands, stretch the legs out and let them down. This will raise the head and upper part of the body as you hold onto the thighs.

Then pull up the legs again and the body will go down. This is the seesaw rock which stretches the muscles on the top of the shoulders, over the brachial plexus, and releases the bottom tension by activating the polarity contact. Have someone feel your shoulder muscles tense and relax as you do this exercise and they will be amazed.

The exercise not only releases all the chest muscles involved in breathing and in heart trouble, but also the trapezius muscles which are supplied by the spinal accessory nerves [CN XI] which are the eleventh pair of cranial nerves and the only ones which enervate a muscle. The psoas magnus [psoas major] and the iliacus muscles are also exercised as mentioned in [chart No. 10](#).

The real value of these two simple exercises can only be appreciated by those who do them regularly, for a few minutes each day, and thus build themselves up again after a heart attack, so they can return to work at their profession or occupation. You can prove this to yourself by doing it. Seeing is believing. Faith coupled with effort always gets results.

The inner thigh muscles nearest to the pelvis are polarity opposites to the neck and throat muscles nearest to the shoulders. As the contact hands move lower on the thighs toward the knees, the polarity reflex is higher in the neck. The area immediately under the knees will correspond to the universal joint of the occiput and atlas articulation and the anterior muscles of this area. In the same manner do the outer thigh muscles correspond to the back muscles of the neck. The hands should also be placed on several areas between the pelvis and the knees, as gripping contacts along the inside and the outside of the thighs in doing these exercises. Wherever the greatest tension and soreness is in the neck, the corresponding contact on the thighs will do the most good.

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CHART NO.12. POLARITY EXERCISE FOR THE RELEASE OF THE BRACHIAL PLEXUS AND NECK TENSION.

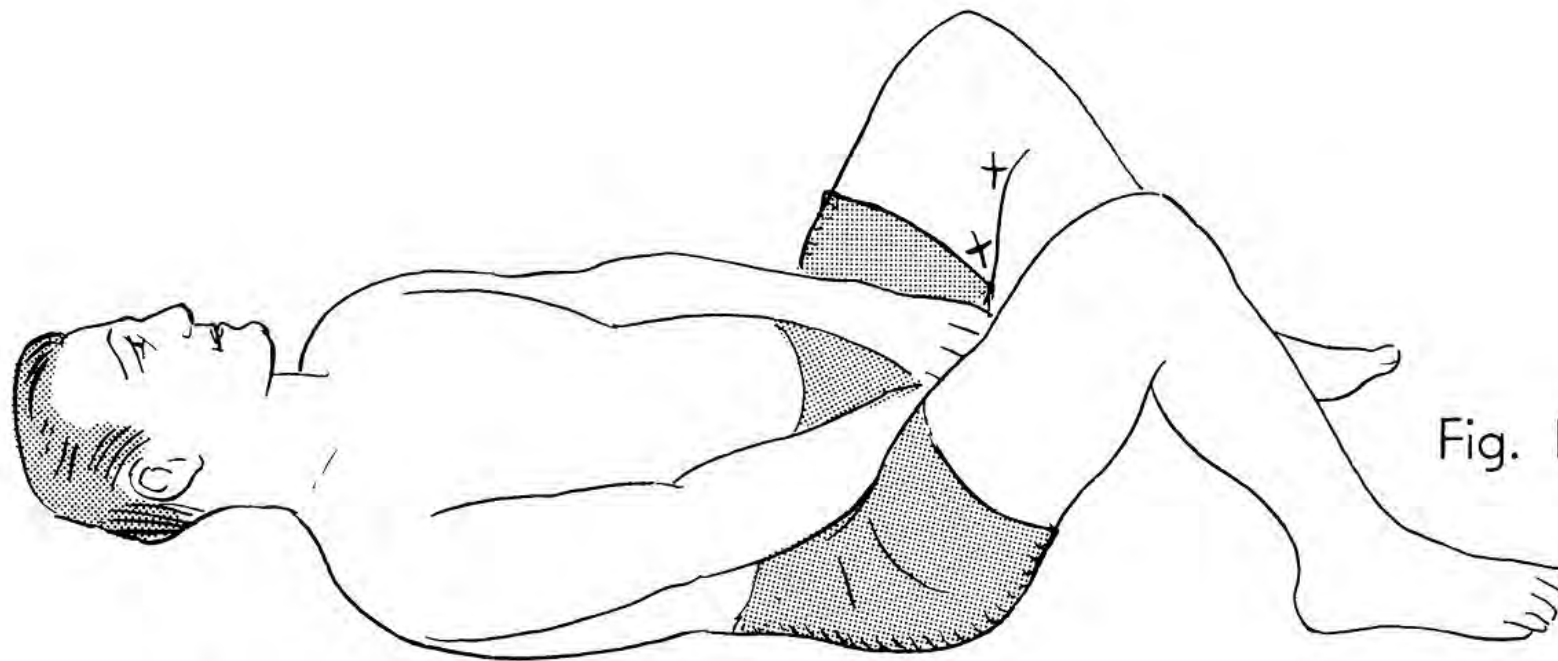


Fig. 1

FIRM POLARITY CONTACTS ON THE INNER THIGH MUSCLES
RELEASE ANTERIOR AND LATERAL SHOULDER MUSCLES.
CONTACTS NEARER TO THE KNEES, REFLEX HIGHER ON NECK.
FIRM CONTACTS CAN ALSO BE MADE ON THE
OUTSIDE OF THE THIGHS IN THE SAME MANNER
TO RELEASE POSTERIOR NECK MUSCLES.



TO RELEASE POSTERIOR NECK MUSCLES.

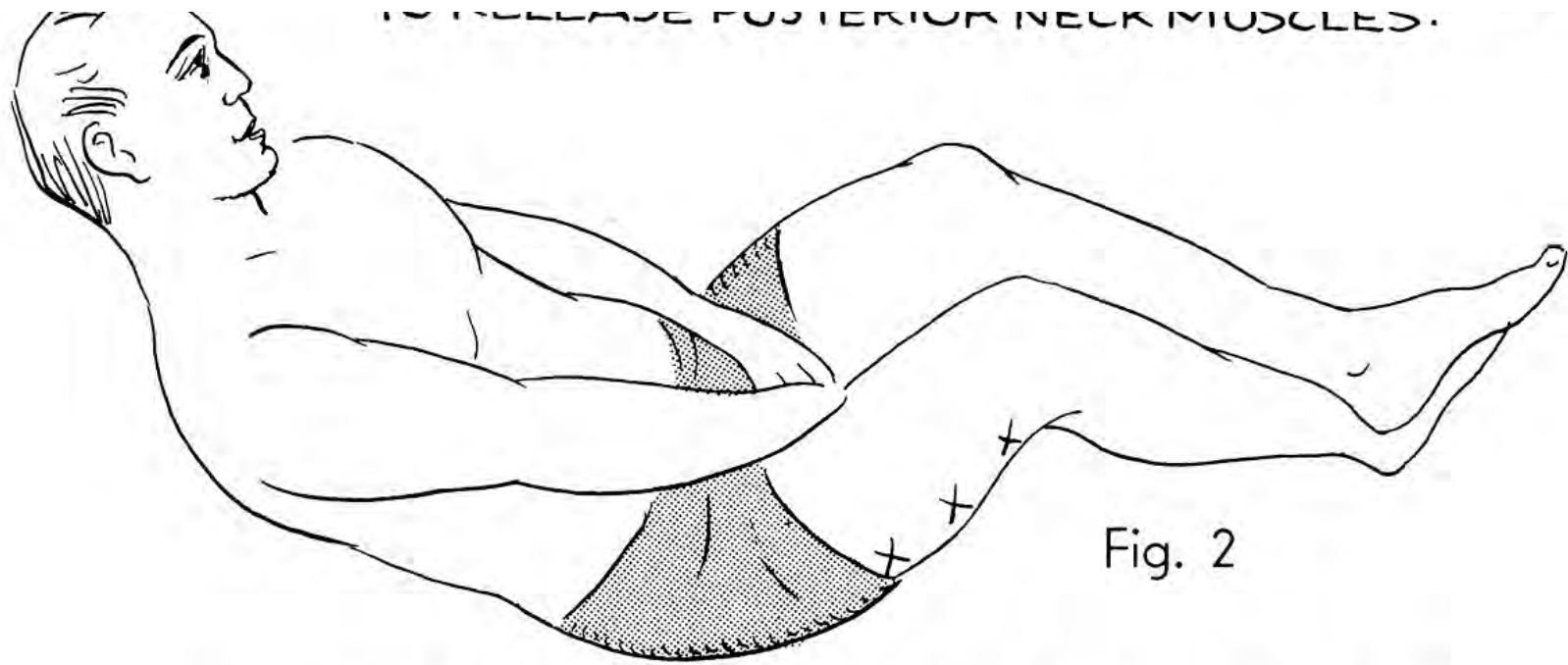


Fig. 2

THE LEGS ARE PULLED UP BY THE HANDS, THEN
EXTENDED AND LOWERED. THIS RAISES THE BODY.
REPEAT.



The Digital Dr. Stone

Advanced Search Syntax

By default the search engine tries to locate pages which have exact matches for all of the words entered in your search query. If that fails, it then tries to locate pages which contain *any* words in your search query. If that happens a short message is displayed at the top of the search results indicating this has been done.

In addition, there are several ways to modify the default search behavior.

1. **Phrase Search**

The search engine supports three types of phrase search.

- To **match an exact phrase**, use quotes around the phrase
Example: "polarity therapy reflexes"
- To **match a near (within a couple of words) phrase**, use square brackets [around the words]
Example: [polarity therapy reflexes]
- To **match a far (within several words) phrase**, use braces { around the words }
Example: {polarity therapy reflexes}

2. **+ and - qualifiers**

If you prepend a word with **+** that word is required to be on the page.

If you prepend a word with **-** that word is required to *not* be on the page.

Example: **+**always **-**never

3. *** aka an asterix wildcard**

If a query word ends with a ***** all words on a page which start the same way as that query word will match.

Example: gift^{*}

4. **? aka a question mark wildcard**

If a query word contains a **?** any character will match that position.

Example: b?g

5. **boolean search**

You can use the following boolean operators in your search: AND, OR, NOT. These operators **MUST** be in capital letters.

Example: (contact AND us) OR (about AND us)

All of these techniques can be combined: **+**alway^{*} **-**ne^{??}r^{*}

[close window](#)

Numbering

Title of page

1. [Polarity Therapy Volume 1, Book 2, Chart 3](#)

Wireless Circuits. (A) **Ultra**-sonic [ultrasonic] core (... shown thus. (F) The **ultra** sonic [ultrasonic] energy forms ... the central core is the **ultra** sonic [ultrasonic] energy current of www.somaticjourney.com/project/v1/b2c3.html

Description

URL

Bolded search
query



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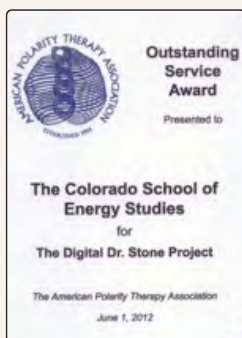
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Autonomic Nervous System Terminology - by John Chitty

While Dr. Stone deserves great respect for his ahead-of-his-time¹ identification of the Autonomic Nervous System as a central factor in health conditions, his terminology is often confusing for a modern reader. In his time, the terms "Vegetative" and "Sympathetic" were used for "Autonomic." The reasoning behind these terms was that the primary categorizations of the overall nervous system were between Voluntary and Involuntary action. The voluntary nerve groups operated for conscious volitional movements, while the involuntary nerve groups operated for actions that have little or no voluntary control, such as essential visceral functions. In an earlier era, the voluntary groups were considered "Antipathetic" in that a separate-from-body witness consciousness is the operator. The involuntary ("Autonomic") groups were considered "Sympathetic" because there is no apparent separate control consciousness, and "Vegetative" because they regulate more primitive functioning.

Within the involuntary category ("Sympathetic," "Vegetative," or "Autonomic" in Dr. Stone's era), further subdivision is recognized in three further distinct branches (of which only two were known to Dr. Stone - the third was identified anatomically and physiologically in 1995 by Stephen Porges, PhD). These three branches are known in modern times as "Parasympathetic," "Ortho-Sympathetic"² (or just "Sympathetic," today's common term which continues the confusion), and "Social." Porges has developed state-of-the-art understanding of these three in their actions and interactions, far beyond what was commonly known in Dr. Stone's time.

Sub-category	Main Action	Stress response	Phylogenic order	Anatomical components
Parasympathetic	Baseline metabolism	Freeze	Oldest	Vagus Nerve, Sacral Plexus
Ortho-Sympathetic	Mobilization	Fight or Flight	Newer	Sympathetic chain (thoraco-lumbar)
Social	Bonding, Communication	Group behavior	Newest	Cranial nerves V, VII, IX, X, XI, Corticobulbar Tract

Within DigitalDrStone, the editors attempt to give [in brackets]³ unified updated language interpreting what Dr. Stone meant when he used the various nervous system terms, based on modern understanding. It should be recognized that there is openness, indeed eagerness, for further scholarly debate about the correctness of these interpretations.

¹ "...40 to 60 percent of all diseases have a psychosomatic origin..." Stone, Polarity Therapy, [Vol. I, Book 2 Chart 44](#)

² This antique European term, rarely used, is suggested by embryology expert Jaap van der Wal, PhD, MD as a way to repair the multiple meaning terminology problem relating to the term "Sympathetic."

³ and footnotes

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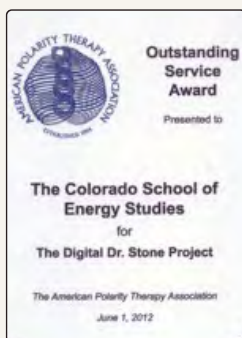
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The Three Principles and Five Elements - by John Chitty

Dr. Stone's entire world-view is built on the concept of Three Principles and Five Elements. The Three Principles concept refers to Yang-Yin-Neutral (or Tao), being the continuous rhythmic circuit-flow of energy, from spirit to matter and back, that is the basis of all phenomena in the ancient Himalayan wisdom traditions as well as in modern physics. The Five Elements (Ether, Air, Fire, Water, Earth) concept refers to the stages of materialization, from subtle to dense and back, particularly in the context of the five chakras or energy transformers along the spine.

For whatever reasons, Dr. Stone was not consistent in his usage of these terms. There are places where this problem is very clear, and other places where there is some uncertainty.

To avoid this confusion, Dr. Stone's "Fiery Principle" is more commonly referred to as "Yang," his "Watery Principle" is referred to as "Yin," and his "Airy Principle" as "Neutral" or "Tao."

Within DigitalDrStone, the editors attempt to give [in brackets]¹ unified updated language interpreting what Dr. Stone meant when he used the terms "Principle" or "Element" based on modern understanding. It should be recognized that there is openness, indeed eagerness, for further scholarly debate about the correctness of these interpretations.

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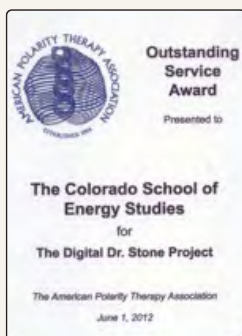
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The Psychosomatic Relationship of Man with the Universe (The Microcosm and the Macrocosm)

ORIGIN: Space is the great deep or void, the omnipresent '0' [zero] or "No-thing" out of which all things are made. In order to create anything in this immensity of "All-ness", an "Otherness" or limitation must be imposed, to outline and circumscribe any creation; whether this be a universe, a sun, an earth or a human being, or a cell or an atom.

It is said that God geometrizes. This becomes full of meaning when we realize the whirling forces of energy necessary to carve out a space or an outline in this all-space, in order to establish units of form, units of intelligence and mind. In other words, to differentiate the many from the ONE, and the unit in the Whole. So all our created objects are really whirls in space, like bubbles in an ocean. Thus all life on this earth is related to the WHOLE, the Macrocosm, the Akash [akasha, aakaasha] or Etheric Principle, the same as the bubble, the ripple, the wave or the drop in the ocean.

The operating Energy Field has a definite pattern in a higher sphere of Energy called the Causal Plane, or the Pattern World, the Heavens, the Cause and Origin of things. In Genesis, Moses on Mount Horeb was elevated in consciousness that he might see some of these patterns whirling in the Energy Fields of Causes in order that he be able to duplicate same in miniature on this earth (the Tabernacle in the Wilderness^[1]). Jehovah's admonition to Moses was that he should build this Tabernacle according to the pattern shown him on the mount. The 'mount' represents the raised consciousness in the higher sphere of Energy Fields of Causes.

The story of Creation in the Bible and in most Sacred Scriptures bears out these facts. It is a Universal Concept of all ancient peoples, expressed in symbolic language, and hidden throughout the ages from the eyes of the unworthy. Truth is a two-edged sword. In quoting from the Wisdom of the Ancients, their sacred lore, and from the Bible, it is my aim to interpret these mystic writings, explain the MYSTERY OF MAN, identify the principles and, if possible, make clear their meaning to at least some thinking minds.

Sound, as supersonic and ultrasonic energy, is the first principle in Nature. "God spoke". Sound, not light, is the first principle of whirling, fiery action, as wheels of energy in space, creating rivers of whirls, entities, bubbles and individualizations from the All-ness or the One, in Its centrifugal, primal outpouring.

These rivers of energy, as principles of existence, are spoken of in the Bible as the four rivers of Life, flowing out of Paradise^[2], out of a One River or state of energy called "Akash" [akasha, aakaasha] or "Prana" by the Hindus, or "ether" by our scientists. It is a superfine essence of life force, which splits into four streams

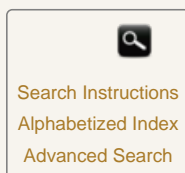
¹ Exodus 25-27

² Genesis 2:10



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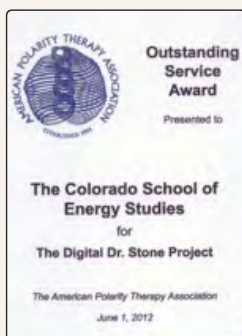
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Chart No. 6

[See [Book 3, Chart 6](#)]

embryonic life. How can we neglect such an important factor which builds the form around a central life axis to function in and through it as long as life abides in that form.

Mind is the neuter [neutral] pole of all the five energies and fields in the body. It is the fire of intellect called 'chit' in the Vedas, the light of perception, recollection, plus reason or comparison, also the I-ness of ego, which dominates all action as the executor of motor energy. Mind is the agent of the soul as a mediator or neuter [neutral] field between soul and matter. It is the switchboard of life's intelligence and action.

The first ring at the top of each figure illustrates the mind essence as the subtle airy element and the active agent in the cerebrospinal nerve fluid, in its high vibration as sensory, sound and light waves. This is a step-down current from that of mental perception. It is classed under the fire element here because action and motor force are its outstanding physical characteristics.

All five circles or ovals have a triune function and the five energy currents of matter weave through each in their rotation and flow of exchange of energy through the whole being. Each oval or circle is like a universe with its planets. Forces of similar quality flow in the constitution of man as vibratory essences. Each circle, as pictured, has a keynote and a special sense which predominates and characterizes its function - five circles, five senses: (see chart [No. 2](#) in book II.)

1 - The most outstanding sense in the head is the sense of sight. It is a sensory function with motor power of direction through the mind forces and light waves.

2 - The sense of hearing also has its center in the head, the same as all the five senses^[1], but the motor expression of it lies in the throat, as the power of speech. Real sound is the etheric principle which is a neuter [neutral] essence and has its location in the throat region, as the link of the superior and inferior regions in the body. That is why so many reflexes lodge in the neck as a typical cross-road of currents.

3 - Sensation resides in the heart region of the chest, as feeling and the sense of touch.

4 - Smell has its sensory roots in the nose and it resides in the digestive region, in the fermentation of foods.

5 - Taste has its origin in the tongue and resides in the watery element, the generative system.

1 - In the human brain is centered the entire universe in a microfilm pattern arrangement. The great universal mind and the small individual mind have much in common. All inspirations come from above. Mind is the primal energy of patterns, ideas, designs and geometric relationships through the corresponding lines of force, of form and of structures, with that of its own keynote pattern. "God geometrizes."

This co-extension forms the first link as the essential POLARITY principle in all things. The infinitely great and the infinitely small are polar opposites in this wonderful creation of ours. If man could only realize the limitless possibilities in this wonderful arrangement! Mind contains all external

creations. Man can tune in to the high or the low frequencies, as he directs the lines of force of his mind into that of the Universal, through concentration. As we call, so is the echo. The fruits of our own thoughts - good and bad - come back to us like a boomerang,

¹ Some might say that the sense of touch is centered in the fingers and hands. However, there are highly sensitive tactile nerve endings in the lips and tongue. This is why human babies and primates so often explore new objects by putting them in their mouths.



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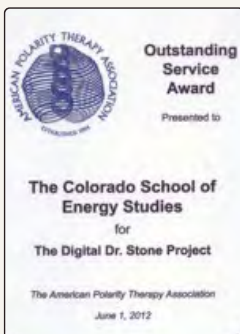
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Explanation of [Chart No. 13](#)

1 - Mind energy is the first essence of matter, which travels in the media of the cerebrospinal fluid in the entire nervous system. It is the pattern energy of geometric proportions in the atomic fields of matter as the shape of things to be. All energy must have a circumscribed field in which to act, as a pattern design, a field of operation, like a nest for a bird. Without such a field of limits, even the vast energies in space would lose themselves in exhaustion and to no purpose.

Hence all construction must start first with designs of blueprints and patterns of things to be created, built or made. As the pattern is, so is the structure in its relation and function to all parts as a unit. Geometry and geometric proportions are the first process of creation in the great and in the small. "God geometrizes."

The human skull has the outline and shape of an egg, a miniature planet-like shape. It is the individual microcosmos where the pattern of all things to be in that body are cast or woven into the substance called the brain tissue, which is the positive pole of the being. All things are represented here as patterns of mind energy and ideas, with a rhythmic wave length of their own. The whole body is but a duplication of these patterns in a more dense form and a lower vibratory key of action. "As above (in the brain) so below" (in the body).

This geometric pattern energy is extended throughout the body by the spinal cord and the nervous system as the director of things to be. Diffused mind energy rules every cell of the body or it could not have the intelligence to do the selective and specific work of maintaining all the automatic actions for the preservation of the body. The soul's intelligence and energy work through the mind to build this body, as the house it wants to inhabit and maintain.

2 - The bloodstream has its essence in the fiery energy of the sun, which is the warmth of the body and the warm feeling of human relationship. It is a neuter [neutral] energy which governs the heart beat. In excitement and in emotional stress, the heart loses all balance of rhythmic regularity. The energy in the heart and that of the brain and the cerebrospinal fluid are then out of tune. The brain pattern waves of respiration are too slow for the heart rhythm in any emotional upset. THE CO-ORDINATION IMPULSES OF THE FOURTH, FIFTH AND SIXTH CERVICAL VERTEBRAE [C4, C5, C6] AND THE PHRENIC NERVES NEED TONING UP AND THE SENSITIVE ENDS OF THE SPINOUS PROCESSES NEED QUIETING BY A POSITIVE BUT GENTLE CONTACT, WHICH IS DONE BY THE RIGHT HAND AS SHOWN IN FIGURE 1.

The central core in the spinal cord is reflected locally in the tip of its negative external central bone, the spinous process of the vertebrae. The quieting reflex of a gentle application is transmitted to the core where the central pattern energy is under tension and stress through the pressure of the fiery energy in the emotions and in the blood in the heart region.

3 - The vital generative energy in the pelvis is the negative pole of the mind pattern energy, as the foundation of the deep in the end of the descending cycle. It becomes the seed power with its crystallized patterns in a liquid essence form.

The watery vital energy writes its lines of geometric proportions in the neuter [neutral] poles of the hands, as finger print patterns and lines which indicate the paths of the heart and the head energies and the life or the generative

energy in man and in skin functions and the secretions as a whole. The feet are its negative pole, with pattern designs of their own. The energy in the cerebrospinal fluid in the sacrum is the positive motor pole and its balance is most important. The anterior generative center is the sensory negative pole.

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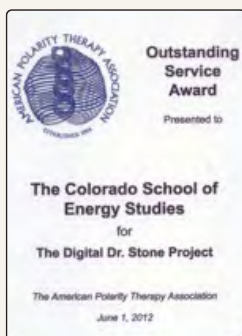
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Prana

also in head noises, where congestion is deep. Cold compresses and snow compresses have the same idea as a background, only they were more gentle, and slower in giving results. Friction with snow has saved many a frozen limb or member of the body, by restoring the flow of Prana through the Prana contained in the snow. **RUNNING WATER CLEARS ITSELF** because the motion of the water in the air gathers Prana, especially when it tumbles over rocks or flows swiftly, as it has more contact with the air.

Snow, rain water and deep well water are carriers of Prana. That is why fresh spring waters in certain localities have such healing effects. The chemicals may be there, or may vary, but the real life-giving effect is in the Prana and not in the chemicals. At present we over-emphasize chemistry everywhere except in the atomic bomb. Here lines of force come into play that far exceed all our knowledge of chemical explosives. It is this shock that will lead us back to a **TRUE EVALUATION OF NATURE'S FINER FORCES** and lines of force, acting in all things. These finer observations had escaped material science, as we had nothing to hold them or with which to measure them. Much progress is being made on the destructive side of energies and forces. **DOES IT NOT BEHOVE US TO MAKE CONSTRUCTIVE RESEARCH AND APPLICATIONS?**

Ancient civilizations, prior to our recorded history, had their involutions from a great to a low point. And it is from this low point that we observe evolution. "What comes down, must go up" and vice versa. It is Nature's play of life forces - in waves - from time immemorial.

Life in ancient times was less strenuous; its tendency was toward contemplation, especially the pastoral life. Many thoughtful persons became aware of some of the energies within them and understood Nature's forces better because of this awareness. Some archives of sacred history go into the dim past; but all tell the same story of **LIVING FORCES WITHIN MAN AND NATURE.**

PRANA IS RADIANT ENERGY. We may place the patient under an oxygen tent and literally force more oxygen into the system. This has its chemical effect, but we miss this mysterious Prana, this principle of radiant life energy; otherwise life in the body would respond by leaps and bounds. Similar observations have been made in shipping the life-giving, healing waters from marvelous springs, even when carefully bottled. The chemicals in the water remain unchanged, but this life-giving charge does not remain in the water.



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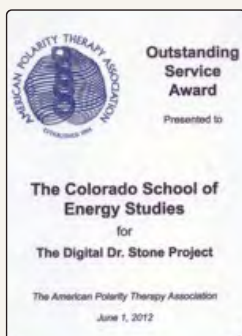
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Mental and Emotional Therapy

Many patients have very sensitive spots in the perineum, especially the hypersensitive, sympathetic types. They twist and squirm, and want to get away from the contact during the Perineal Treatment. I call that 'emoting' some of the impounded, locked up emotions. This I encourage, to unload energy fields as well as the chemical deposits in the tissues. The more they fuss, the better the results in the release of tension and emotional blocks. Mind and emotions are fine physical substances and are just as real as gross physical matter.

It is my opinion that when the function of the three nervous systems^[1] is balanced, the mental and emotional blocks have a chance to exhaust themselves in action. (Running water clears itself.) When the energy or foundation is withdrawn from the pattern, it can be balanced. These patients are helped by having something definite to do, like a strict diet, exercise, etc. for then they are constructively active instead of dwelling in negative, destructive moods. A very beneficial exercise is to take the squatting posture and rock gently, as shown in my little booklet, 'EASY STRETCHING POSTURES FOR VITALITY AND BEAUTY'.^[2]

A good "Dutch Uncle"^[3] talk, that points out the principle of Life and our polarity to our Higher Source, which can again polarize the mind with the Soul, and it, with its Sun of Inner Life-Giving Rays, is helpful to clear the mental blocks and some emotional fixations. This raises hope and faith. Then the law of expectancy can do its good work.

No permanent good can be done by any therapy without polarization of forces to their positive supply and source. "What befitteth it a man if he gain the whole world and loseth his own soul?"^[4] Even planets that are not in their orbits, around their source, can create only destruction to themselves and to others. One example is a meteorite.

The Cerebrospinal System must be balanced with the vital actions before relaxation can take place for any permanent skeletal correction. Even in trauma, the vital functions must be correlated to the injured parts for repair and useful function.

All energy proceeds from vital centers within. Our first thought must be to balance these with the functioning voluntary and sensory activities in the body. Pain is a sensory perception; it is a partial break in the circuit of the centripetal energy flow in any nervous system; while a complete break is a sensory paralysis. A motor paralysis is a break in the centrifugal, outgoing currents from the brain.

¹ The voluntary (or somatic), sympathetic (autonomic, involuntary, visceral, or vegetative), and parasympathetic.

² See Book 2, Charts [63](#) and [64](#).

³ A person who gives frank, or even harsh, advice to educate plainly.

⁴ Matthew 16:26





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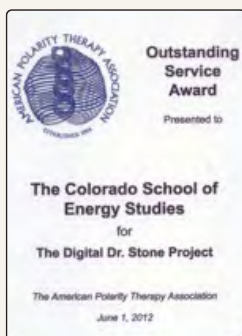
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Polarity - Reaction

Let us not forget Nature's process of Synthesis and Antithesis. A tree synthesizes its energy into small seeds; then, in due time and by a reversal of the same process, the seeds expand into trees.

Body polarity changes quickly back to normal when the cycle is restored. Taking care of the most vital reflex area of the negative pole of the Sympathetic Nervous System, immediately reacts on the positive pole. THE SENDING POLE DOMINATES ONLY WHEN IT CAN DELIVER CURRENT. But that all depends on the negative pole. Will it take it? Is it operating and ready? This holds good in other facts and phases of life. Force takes everything for granted. Space and Grace are Nature's Ace.

When we realize that the Soul energy flows as mind energy currents over the cerebrum, cerebellum, etc., over the Parasympathetic and the spinal nerves and, through the Rami Communicans [ramus communicans, rami communicantes], co-ordinates with the Sympathetic Nerve Plexuses, we find that only when the Sympathetic System is operating properly, can this spinal current control and use the natural functions of the body.

The nerve current rules in the domain of consciousness, mind, the senses and sensations. Without the functioning of the mind as current, there can be no Soul Force of entity operating in the body. Consciousness is the witness of the 'dweller' in the body, as AWARENESS. It is this awareness and the function of the senses that are displaced by anesthetics or the use of psychic force, such as in Mesmerism and Hypnotism.

THE ARTERY RULES SUPREME IN THE SYMPATHETIC NERVOUS SYSTEM, as the circulation flows right on, supplying all the body needs, WITH OR WITHOUT CONSCIOUSNESS ACTING.

The four elements and their functions, plus Prana, the Life energy in Nature, are part of Nature's equipment, synthesized as form, in and through which Consciousness works.

It is, therefore, very essential that the four elements are balanced in their function, so the mind current can flow over them. In cases of insanity, we find the elements in the body are unbalanced. There is room for much thought and experience, to promote the working of the four elements properly, to restore the flow of the mind current in the body.

Vomiting, which releases the diaphragm and acts like a balancer and activator of the two rivers of energy above and below it, is one of the oldest and soundest forms of shock treatment



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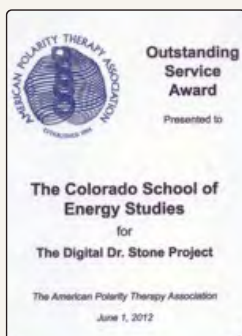
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Polarity - Reaction

that has proved its effectiveness. But this should never be attempted without first giving the patient plenty of warm liquid to drink. Quantities of warm liquid, and pressure on the back of the tongue, induce a thorough and easy flushing of the stomach. This helps to release the spasm of the diaphragm.

A rigid diaphragm is the first and most vital block in Nature's economy and flow of the four elements and their natural, vital forces. Any treatment that releases the diaphragm is of the greatest value; however, the PERINEUM, AS THE NEGATIVE POLE (of the diaphragm), is a lock that also needs to be released AND POLARIZED at the same time. It is the opposite pole to the brain, the pole of intelligence. It is the unintelligent, erratic, insane pole of the body. This calls for further thought for therapy on the PERINEUM and its value as a balance treatment, to promote and preserve PROPER POLARITY, and help to release the diaphragm. THIS SHOULD NOT BE OVERLOOKED IN MENTAL CASES. Sitz baths that have proved of value in mental cases, worked because this principle of POLARITY was an aid to the brain, by drawing off congestion, away from the brain center.

ANTERIOR AND POSTERIOR BODY POLARITY

Man's body has its magnetic or attracting field anteriorly, and its electric propulsion posteriorly. All the organs of perception, sense attraction, interest, including the sex organs, are situated in front. In back are the motor areas of heavy muscles for pushing, propulsion, expulsion and repulsion. The heavy gluteal muscles in horses act like pistons in pulling - a horse may fall on his knees, but still pull.

The senses attract us to many things, and lead us into temptation and trouble. A philosopher once said, "Get thee behind me, Satan - and push". There is more truth than poetry here, for we are literally 'pushed' into things before we realize it. Often do we exclaim, "How did I get into this situation?" The SENSES OPEN THE WAY, AND THE MOTOR IMPULSES OBEY.

GENERAL

When any one of the underlying natural energy currents becomes blocked by waste energy accumulating insulation at the negative pole and depolarizing the fields of attraction, then an interference results in any of the four physiological systems; namely,



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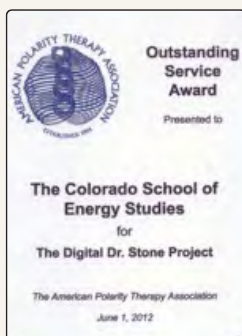
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Soul Progress Through Understanding

Our mind conditions our experience. Each individual has his own mind substance which he impresses with thought patterns, much the same as we sow seeds in the earth. Thus each mind conditions itself and brings forth according to the thought patterns planted in each one's mind substance. That is why there is such a variety of levels of conditions and consciousness.

Confusion in the thinking field of individuals and races as a whole is the evolutionary process of experience in handling the powerful mind substance. It is only a lack of control WITHIN OURSELVES that induces us to give vent to anger and thoughts of revenge or fault-finding in others, usually for our own mistakes. This we can realize only by the help of God through contact with a living Saint - directly or indirectly - and only when we see our own mistakes can we mend our ways. Until then we constantly seek to justify our own actions and blame others for our own mistakes; without realizing it, of course.

Each person works out the patterns of mind impressions, the same as farmers reap the crops planted. The good seeds as well as the weeds from previous planting or thinking condition the harvest as a gain or loss of experience through work and effort in the soil of the mind. Unless we have learned to control it by constant practise [practice] and vigilance - every minute of the day and night - we are likely to be roused to anger when the mind is caught off-guard; for truly, the mind with which we function in this world is as cunning as a serpent.

Who can judge and condemn others when the weeds of the past spring up as tares among the wheat of earnest, hard effort in the present harvest? That is why Jesus said:

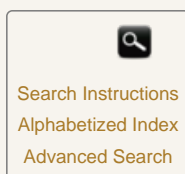
"Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again. And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam in thine own eye?" (Mat. 7:1-3)

If we expect to be forgiven, we must also learn to forgive instead of constantly trying to justify our own actions. Forgiveness rests on understanding the larger view of Life - from the center outward - as our Creator sees it. A great love forgives all; but the offender learns only when he recognizes his mistake and asks for forgiveness. Until then he wanders into one mistake after another and seeks to justify himself into and out of every



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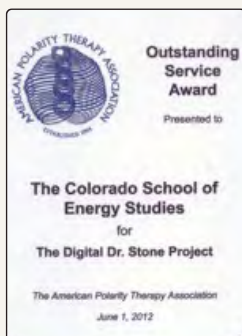
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Introduction

This work of fifty-two charts is a further elucidation and demonstration of the principles laid down in my previous book, [THE NEW ENERGY CONCEPT OF THE HEALING ART](#) in 1948. The foundation is the pattern form of the lines of force working like a shuttle weaving the embryonic patterns of the human body in the mother's womb. (See chart, pages 30-31^[1], in my previous book.) Even in its finer aspect, wireless energy is as material as the atom itself which has lines of force instead of wires. Life is demonstrable, but it does not lend itself as easily to scientific conditioning and experimenting as inorganic matter. Science has no measure for life.

The basis and principles of this work are as sound as matter itself because they are the five phases of matter in manifestation everywhere. Solids, liquids, gas, caloric energy and ether - they are the five stages matter assumes when it is broken up into finer particles, less dense and more ethereal. Inversely, it is matter crystallizing from a fine unseen stage into a dense and formidable substance. It is matter nevertheless. These five modes of matter were the basis of classifying matter by the ancient science of the Vedas. They called them elements of matter, or tattwas [tattvas] - earth, water, air, fire and akash [akasha, aakaasha]. The constituent spinning particles of matter were also known to them, and they called them chakras, or spinning wheels and centers. The energy which flowed thru them was the life principle called Prana, or "Breath of Life." Upon this foundation was based the Ayurvedic system of medicine, which is over 6,000 years old and the mother of all other systems.

As science is demonstrating the lines of force in the atom, I am endeavoring to demonstrate the same invisible lines of force in the human body, which are its very constitution and its state of being known as health. Every cell must have solids, liquids, air, and warmth in order to live, function, multiply and grow. These four polarized rivers of energy must flow thru the entire organism for the body to live, function and grow. Upon the flow of these imperceptible wireless currents, depends the movement of the more dense and solid particles of matter, such as nerve currents, the circulation of blood and lymph, the flow of urine, and the intestinal peristalsis.

In the economy of the functions of the human body, there are also unfavorable aspects or blocks of opposing energy currents and polarity, the same as in the heavenly bodies outside. Function and harmony are balanced normals. Inharmony and explosions and disaster are universal opposite forces in a clash. The same thing happens by polarity currents in the human body, like a "tempest in a teapot" when it boils. It is this microcosmic economy of the energy and forces of the human body that this book is endeavoring to explain by charts and demonstration, how to effect a balance by removing energy blocks in these four polarized currents or rivers of life and fields.

As physicians, we assume that the nerve currents and the circulation will flow if there is no material interference. Can we compel it to flow or have we given a thought to the lines of force behind this phenomena? Is not most of our emphasis upon effects such as x-rays and gross material evidence of disease, rather than its cause and the more subtle forces at work behind all this appearance? Does the end justify the present means of therapy? Are we going directly to causes or the long way around by treating the effects and symptoms mostly? Is disease an entity or a disrupted polarity of finer forces and their radiations? Are causes such immaterial subtle factors that they cannot be found, traced or balanced? By no means. Only our entire approach has been too densely material in nature. We thoroughly subscribe to the advance of science and the lines of force in the atom bomb, but we forget the

same type of potent and polarized lines of force in the human body which are equally explosive.

¹ In The Complete Collected Works, Charts [4](#) and [5](#), pages 48-49 in Book 1.

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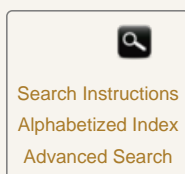
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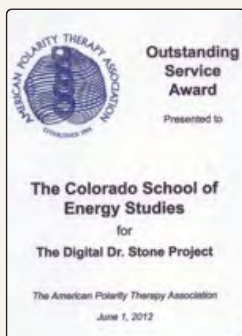
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These charts and explanations are a sincere effort to point to a finer energy concept as the real cause of disease behind its grosser manifestation. With the finer concept must go a constitution of the five-fold energy fields heretofore overlooked. We even test steel for its molecular flaws of structure and tensile strength. Why should we not give the same consideration to the quality and tone of functioning tissue and the energy circuits behind it which really condition it? Many puzzling facts will explain themselves when we examine them in the light of the basic electro-magnetic [electromagnetic] field which underlies the gross structure. Polarity relationships of triune functions will also explain many factors which nerve tracing and the circulation does not account for, - opposites, such as, head and feet, ankles and kidney functions, knees and digestive reactions, etc., etc.

There is nothing occult in the various densities of matter in any form. Why has this field been overlooked in all our intense research in chemistry? Is it possible that we have lost ourselves in external details and failed to link them to a living center? Progress in constructive living application is slow; it is a laborious, endless task.

If we say this foundation is old and antiquated like Ayurvedic Medicine, then we must admit that the spirit and interest has been lost in an art which is based upon the constitution of matter itself. Nothing has been added for centuries, but all peoples have benefited by it. How can even a great art live without inspiration and devotion to art itself? If no new light is shed on the way by interest, inspiration and research, the light becomes dim and the way obscure. Even God can be forgotten in the pursuits of our own interests.

Since life is closely linked to the more subtle aspects of matter, why should the denser and grosser phases receive all the emphasis, research, and awards. Mind itself is but the finest matter and can only be understood in its total function by tracing it from its source to its effect in its various stages of step-down energy fields in the finer constitution of man. These subtle energy fields are facts and are not nearly as elusive as chasing thoughts and ideas around which might produce a mental-emotional block in the patient. This is a short-cut to psychiatry with a pattern anatomy of sub-mental fields which have great scientific possibilities.

The whole constitution of man must be taken into consideration, not merely the treating of the body as a chemical or mechanical machine. Every reaction to any application of therapy or drug must come from within the body, from the soul entity, thru [through] its various step-down mechanisms, voluntary or involuntary, conscious or unconscious. The body has no sensation itself, neither has the mind. Its real entity of all sensory reception and reaction is the dweller in the central core of the body. Therefore, the most effective therapy should reach that central core and make its centers (chakras) spin and act to produce a most necessary harmony of currents and reactions. That type of therapy which reaches the core of sensory and motor action and arouses a radiant glow of reaction and a balancing and repolarizing of currents from the center out and inward can be considered a real therapy of causes. These charts and explanations are an earnest endeavor to present an overall view and some applications of a lost art of the finer forces of man.

Leonardo da Vinci, in the 15th century, used the principle of the four polarized elements of earth, air, fire and water for all his scientific discoveries which anticipated most of our modern inventions. The soundness of this foundation and its adaptability for its future discoveries implies an open challenge to the science of our age.

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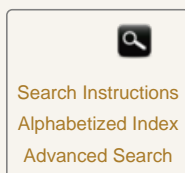
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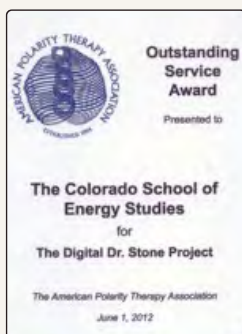
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Introduction

all problems. The mind immediately answers this for each individual by the assertion, "That which I believe, is right". Mere assertion proves nothing. The logical answer would be, "That which serves best, is best". And the law of survival seems to substantiate this. Results speak for themselves. Theories and assertions are of little use to a person in pain or physically incapacitated.

The Ayurvedic system of medicine which originated in India about six thousand years ago was based on the understanding of the forces in Nature as the storehouse of energy which pervades all created things and relates to them in definite extensions of lines of force, the WHOLE to each unit. These forces are also in miniature, in a polarized form, in man. Whenever that polarity of exchange was broken by excess or over stimulation [over-stimulation, overstimulation] of one of the currents in the fields of energy, the original Ayurvedic practice was to employ an opposite force as a remedy. Weak fields were also built up by similar essences found in foods, herbs, etc.

More science and logic was embodied in the theory and practice of the Ayurvedic System of old than it is credited with today. Much of its real art is lost or overlooked in the present-day practice of this system. It was based on a deeper understanding of life and its values embodied in all things in the universe. No superstition was involved in its simpler forms of effective application of the principles of Polarity. When the art was lost and the principles were neglected, then, like all things neglected, it lost its following in a world of purely material scientific research.

There are many active principles of finer essences which are not to be found in the gross field of chemistry. Homeopathy proves this point clearly by the use of finer essences which cannot be traced by means of gross chemical analysis. But these essences work on the inward cycle of currents, in the centripetal force, where the quantity factor stops and the quality or essence factor takes over and flows on inward, toward a neuter center where neither the positive pole nor the negative one predominates but both are balanced in a neuter [neutral] center of receptivity before being emanated again as Polarity Currents for definite action.

In India a complete art of Homeopathy related to the Ayurvedic principles has been built on the finer essence of matter and its triune action. And this is effectively used in some parts of India today.

In the Drugless field of Manipulative Therapy, the fundamental principles are also the energy fields and forces in POLARITY action and their balance. But to the best of my knowledge, no one beside myself has set forth these ideas and a therapy based upon this foundation.

The mechanical basis of a nerve pressure producing a functional distortion has served well in many schools of physiological therapy of adjustment and manipulation. However, there are many factors which fall short of their goal in theory and in actual practice.

A new viewpoint and emphasis are needed for greater effectiveness and deeper synchronization of all of man's energy fields within himself and their structural balance with the earth's gravity as well as the finer fields of energy supply from Nature. In present-day research, only gravity and the chemical and mechanical factors are investigated. The other, finer forces in Nature have not been mentioned or considered in the same manner, even though they are more important because they are the finer and more potent energy fields.

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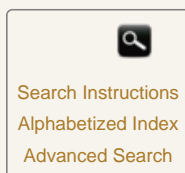
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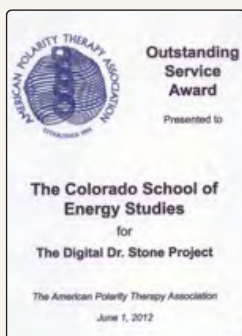
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Chart No. 1

[See [Book 3, Chart 1](#)]

In my text books [No. I](#) and [II](#), these principles are fully illustrated in hand drawn charts. The principles are based upon an integrative system of structural and functional relationship of currents. The instructions for determining the direction of travel of these waves is also clearly demonstrated in charts No's. [3](#), [5](#), [6](#), [7](#), [8](#) of book II.

This symbolic key chart of Polarity Principles brings to our attention the grand, over-all picture of the relationship of man to this universe, and a clear structural relationship of parts to each other. It is all based on the laws of the Trinity Principle in operation. Man's construction and function is similar to that of the atom and the universe. He is between these two poles. Man can express the heights of the Infinitely Great and the depth of the infinitely small atoms which are the constituents of his being.

The soul is the essence of being and life in the body, and functions through the brain and the center of the spinal cord, to the end of the coccyx, as dual neuter [neutral] energy. The arms and legs are levers of polarized expression for skill and motion.

The cerebrospinal fluid seems to act as a storage field and a conveyor for the ultrasonic and the light energies. It bathes the spinal cord and is a reservoir for these finer essences, conducted by this fluidic media through all the fine nerve fibers as the first airy mind and life principle in the human body.

Through this neuter [neutral] essence, mind functions in and through matter as the light of intelligence. That is why it is the ruler of this fine energy in the fields of function. Mind energy is a reality, as much as and even more potent than atomic energy. A mental block is often a very serious matter. Who can restore the mind function or balance?

The soul acts through mind substance, energizing the polarized fields of the brain for specific function and motion. The sensory fields are in the front and on the top portion of the brain. The motor fields are in the back and the bottom portion of the brain. Waking consciousness resides in the anterior part of the brain, at a point between the two eyes and immediately above the bridge of the nose. In sleep, this essence descends to the lower centers. This describes a living physiology of energy function.

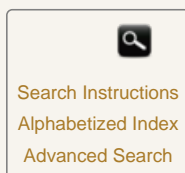
In this chart the life principle of the soul is expressed by its two wings as ultrasonic energy or positive action, and as radiant light waves or negative energy of perception and conception of ideas and impulses. This is the principle of sight and memory as stored impressions, like a photographic process. Physical functions are stepped-down currents from the primary energy, through conveyors (such as nerves, arteries, veins and lymphatics) for specific action.

Obstacles are God's design
To make a man with a spine.



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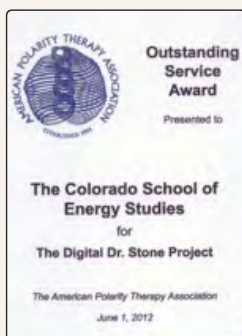
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The Breath of Life and the Cycle of Nutrition

The kernel of the story is the fact concealed in the cryptic biblical quotations. Oxidation as an external phenomenon is due to the movement of these subtle, invisible energy currents in Nature and in man. Mother earth also has her pains, such as volcanic eruptions, cyclones, etc. Then the velocity of her pulse beat is out of all proportion and balance, locally or generally, like man in illness.

The part of the quotation, "and breathed into his nostrils the breath of life; and man became a living soul"^[1], is a much deeper mystery of the Sound Current Energy also called the "Holy Word of God" by which all things were created. It is the ONE ENERGY of all life, which flows through the brain and the nervous systems of man, and by which he becomes an individual living soul. It is the "Lost Chord" in Nature and in man's consciousness which he must seek and find again to re-unite himself to his Source, from which he has descended like "The Prodigal Son".^[2]

The central staff of the symbol of Hermes is the path of the "WORD" of God's major travel in the body, like the trunk of the Tree of Life. It is the energy by which and through which man attracts all that he needs from Nature, like a unit or vital nerve center in the Great Whole. But when man has acquired the power to do so under proper guidance, then he also realizes that it is best to work with Nature and to be in tune with Nature and with God instead of giving in to his own desires to control anything besides himself. When we have controlled our own desires and weaknesses, then everything else falls in line. THAT IS THE SECRET. That is why the truly humble are really great.

In the body the vital air and the circulation entwine the central staff of the Tree of Life (the brain and the spinal cord) like two serpents. They nourish the tissues and thus support the function of the finer airy energy essence of the nervous system and its currents by linking it to Nature outside, through respiration. The energy essence which flows in the center and core of man's being is God's breath of life - The Holy Spirit or Sound Current - which links man to the higher regions and to GOD HIMSELF. That makes man a "living soul". It is the 'ladder' referred to in Jacob's Vision at Bethel: "And he dreamed; and behold, a ladder set up on the earth and the top of it reached to heaven: and, behold, the angels of God ascending and descending on it. And Jehovah stood above it, and said, I am Jehovah, the God of Abraham thy father, and the God of Isaac: the land whereon thou liest, to thee will I give it, and to thy seed; and thy seed shall be as the dust of the earth, and thou shalt spread abroad to the west, and to the east, and to the north, and to the south; and in thee and in thy seed shall all the families of the earth be blessed. And, behold, I am with thee, and will keep thee whithersoever thou goest, and will bring thee again into this land; for I will not leave thee, until I have done that which I have spoken to thee of." (Gen. 28:12-16) This indicates clearly that the human being is a part of God and that he comes to earth for experience only, but comes "again into this land" until his earthly cycle is finished. God is always within each and every one of us. We may forget Him but He never forgets us. When we turn to Him for guidance, then we are automatically in tune with Nature.

¹ Genesis 2:7

² Luke 15:11-32

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Book 4: The Mysterious Sacrum - The Key to Body Structure & Function



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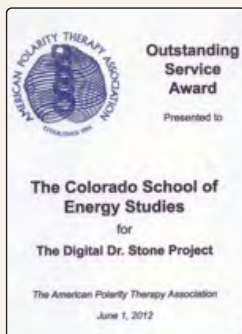
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The Mysterious Sacrum

All research in the healing art is bent on finding the "open Sesame" which will unlock the door to the mystery of life in the body of man. The health of patients is the concern and the problem of doctors, no matter what type of therapy they may employ.

"Specifics" is the cry of the day; do the one thing which does all. But Nature does not respond that way. Life is a mystery. All motion is triune. Nothing in the manifested universe is an independent unit. The lesser depends on the greater, and the superior rests on the inferior.

Structure has a physical basis in gravity and mechanics, and a psychological one in the life which inhabits this form or body. The important question is does the form rule the life or does the life rule the form? Where shall our emphasis be in order to reach the one point where our effort is most effective?

Is the superstructure more important than the foundation? Are we really trying to influence the Life Current, or the structural position of the key vertebra, the atlas [C1]?

If it is the Life Currents which we are trying to influence, then the superior pole is the most influential one. But, if it is structure, then the inferior pole or the foundation will be more in line with the proposition and with the principle of gravity pull.

Life flows from above downward, and structure supports function from below upward. Life is the first impulse. Reaction is the second wave, which must return to make a circle or a circuit of energy flow as CAUSE AND EFFECT, or positive and negative poles of the current.

Life must flow to express itself. Currents must conduct this energy from pole to pole as in any electrical field. The structure is the field through which the energy must flow and support the pattern and forms of energy fields of which the body is composed.

In the study of the entire bony structure of the body, the sacrum is the most vital and the most neglected bone. The spine has been given consideration by many schools. Lately, even the bones of the skull have received a lot of attention, because the polarity impulses of life through the bones, as electromagnetic fields, have yielded results hitherto unsuspected.

The cranial bones had been considered immovable because of the dovetailed sutures, by even the most enthusiastic doctors who adjusted other bones successfully. The fact that life breathes in the body, which in turn must expand and contract in rhythmic response through every body cell, had been totally overlooked.

The mechanics of the structure had completely overshadowed the life in it as the main actor of all function. Life does not depend on mechanics, but it activates the mechanical levers thus built for overcoming gravity. When the leverage system becomes useless or inoperative through trauma, then life stands still, lies dormant, or departs. The manifestation of life is only conditioned by mechanics and leverages as well as by gravity. Life overcomes gravity by leverage of bones and joints, through muscles and tendons which it operates. Structural limitations and trauma are life's limits in motion and function.

Electromagnetic currents are the circuits which act like wheels in the body's

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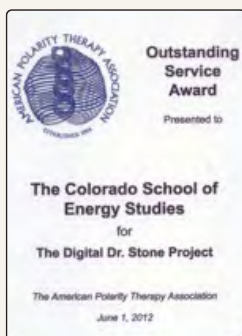
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Explanation of [Chart No. 10](#)

according to a precise mental pattern in the positive sperm of the father, the negative ovum of the mother, plus the neuter [neutral] pole of the pattern energy which the incarnating soul brings with it as its own destiny, the fruit of its own previous desires and actions.

It is this unknown quantity and quality which makes each child in the same family different from the other. The trinity principle is again the active factor in determining the life span quality, and motion.

The fetus [foetus] attracts what it needs from the mother's blood stream as its universal supply. When it is ushered into the world of matter it becomes an infant when the cord is cut. Then its supply must come from the outside, through its own process of breathing, digestion and warmth.

The four polarized elements which were the electromagnetic energies latent in matter, as solids, liquids, gases and warmth, continue to build the body as before; but the elements of Mother Earth must now supply the material out of her bosom and storehouse. Mother's milk, or a substitute liquid which contains all these elements, may be the babe's proper nourishment for a while until the child is able to obtain its nourishment direct from the supply of Mother Nature.

The infant's energy fields are built according to his mental pattern field, in every one of the body's five major cavities. By the electromagnetic function of these, the babe attracts unto itself what it needs and can digest in order to grow. These currents continue to weave back and forth throughout life, to keep the body in tune with Mother Nature, so it can live on earth.

If any one of these currents are depolarized in the individual and out of tune with Mother Nature's supply, it spells disease, and suffering for that person. Or if even one is broken, then the whole house (body) falls back into chaos and the clay of the earth.

This vital fact of life has been forgotten by man because it serves so silently.

The infant has a complete zodiac in its own make-up, an exact duplicate of the cosmos in which it lives, or it could not exist here on earth. This is woven by the four pattern threads of "the Four Rivers of Life" stated in Genesis and explained in my book, ["The New Energy Concept of the Healing Art"](#).

When the four modes of matter, as solids, liquids, gases and warmth, as electromagnetic energy, act in their triple function - in and through the body, they build it in a process similar to four threads in three shuttles. Then twelve stations or centers are formed which constitute the individual energy zodiac of each person.

This, then, is the miniature zodiac or microcosm by which man's finer forces are linked to the universe, and supply him with energy to attract the more solid forms of substances needed for his body.

These facts form the real field of Psychosomatics, of which so little is known in this day of positive force only. This principle in Nature and in man is the basis of all action as the finer energy operating in man and by which he lives, breathes and functions.

This real energy field in man is the basis and foundation of all my books and courses. No external astrology or astronomy is used in any of my work. All references to those forces pertain to similar operating functions in man. Even

as the tiny atom is a universe in itself, so is man.

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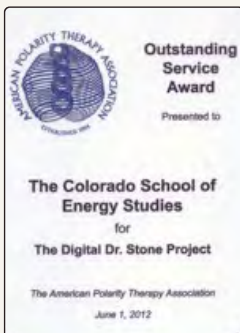
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Chart No. 1: The Vital Creative Flame

improper propitiation and neglect, or has it left the house of flesh entirely? Who knows the answer and who understands the ways of life? Are these in the books of learning or bestowed as degrees in institutions of education? Are Vitality and Life the main subjects taught there, or are they but guests or strangers there also? Are its teachers inspired by its radiance and do they impart it to the students, or is it all but an intellectual pursuit of the detail functions of the body and its structures as we see them from the outside, by the artificial light of our own mind's action, supplemented by electricity?

Where are the real devotees of the Sacred Flame of olden times? Has life changed, or have we, in our search for it and in our purely material viewpoint of it, failed to tune into its REAL WAVE LENGTH? Does our research by means of chemical tests prove Life, aid it, or merely condition its manifestation in the body? Has Vitality a material origin, or is it something beyond the reach of matter? All these questions have piled up since the search for the 'Fountain of Youth' started, long before the recorded history of Spain.^[1]

The search goes on, but Life is silence itself. We are moved and know not the Mover. We think and know not the Thinker, and hardly know our own thoughts. All this is somewhat out of proportion to all our material progress and the increased number of institutions of learning. It appears that all our effort has been spent on research in matter, and none on Life itself.

We know more about the distant stars and constellations, and the atom, than we do about Life and our relation to it. We look for it externally, in matter, when it is the very heart and core of all living things. It is a unit which we have missed in our search for detailed proof. We have wandered away from the trunk of the tree and its main branches, and have lost ourselves among the leaves on the Tree of Life. Or, it may be that Life has passed us by because we have not tuned in on its wavelength of recording and broadcast everywhere around us? If we treated any television or radio broadcast as we treat Life, the reception to our tuning would give the same results.

Real knowledge or understanding is a two-edged sword, like Truth, which requires much sacrifice of our precious time through attention and interest in its wholehearted pursuit. Art is a jealous patron of its devotees, even as deities were said to be. The Muses cut the thread when interest lags. The art of Life passes the laggards by. Even a whole lifetime of living gives us no acquaintance with Life itself. Many precious years of our

¹ The Fountain of Youth is a mythical spring that restores the youth of anyone who bathes in it or drinks from it. Legends of such springs date back as far as the 5th century BC.



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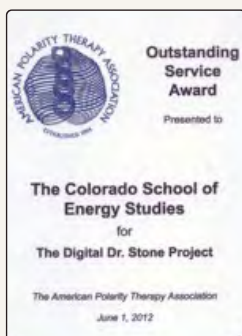
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Balancing Spinal Nerve Impulses

Parasympathetic impulses must flow into and work in conjunction with the Sympathetic, in order to work at all; for it is the Parasympathetic system that expresses balance and conscious mind impulses, and conveys them to the Sympathetic system.

What are mental frustrations? Parasympathetic or cranial impulses that could find no expression or response in the Sympathetic system and the organs it controls. Emotional frustrations are sympathetic and heart center impulses which are suppressed by the conscious mind impulses of the Parasympathetic System.

What is shock? A forceful shutting off of a current or impulse that flows in the body - or, a sudden impact of energy or matter, from the outside, upon the body, which suddenly shuts off the flow of energy for an instant. This can be physical or mental; for mind is energy, and the soul is the Source of that energy. A mental shock is as real as a physical jolt - and more dangerous because it goes deeper. An injury to physical tissue repairs with time and rest, while mental injuries require a new vision and viewpoint.

What is pain? It is also an inhibited impulse that cannot flow in its natural path of lines of force. A physical break also illustrates this point. However, there are mental, emotional and physical breaks, injuries and suppressions in their substances or fields.

A gentle pressure on the spinous process reveals the spinous tenderness or tension. The tender tip of a spinous process indicates an aggravation in the interspinous membranes. This is a positive hyperemic symptom of a vertebra in distress through excessive movement. It is caused by a lack of function (an energy block) of the vertebrae above and below it. These are fixed and inactive in their normal range of motion, which throws all the load of action on the one located in between the inactive vertebrae.

The correction lies in the simple procedure of local pressure on the fixed vertebrae, against the greatest resistance to movement by that particular vertebra. The stimulation to the vertebrae, one at a time; that is to the one above and to the one below the over-active one, acts as a positive motion or charge to balance the local negative polarity. It also acts as a physiological stimulus which releases tension.*

* The entire spine can be balanced that way, in its local plus and minus areas and functions. In this simple manner, the hypersensitive area of excess function can be balanced with the negative polarity action of the minus function in the fixed vertebra above and the fixed vertebra below the over-active one.



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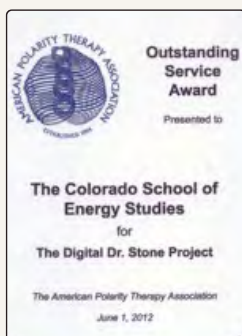
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A Vital Viewpoint on Structural Balance

Vitality is the buoyant inner Life which is the joy of living and creativeness of the soul and of the mind in selflessness. Balance and proper use form the objective of this gracious gift of God. This grace is given to the few who search in humility and understanding of the Essence of Life, and who tune into it by attention and whole-hearted interest.

When the interests of life are elsewhere, then Life passes us by, because it is not the objective of its search or attention. Conscious growth only comes through whole-hearted attention to an ideal or objective. Where the consciousness dwells, there is the soul of attention. "Surat or Soul is attention." So said the Great Saint, Swami Ji Maharaj.^[1] Where the heartfelt interest is centered, there dwells and is the Life of that Soul.

All this portrays the living viewpoint of energy as the basis of our problem of Vitality Balance, rather than mere mechanical procedure or chemical formulas and rules.

The true doctor should know Life, feel it and understand its pattern of flow, like a blueprint of Life, the same as he knows his anatomy, so he can skillfully direct its wireless currents by removing the blocks and short circuits in the various fields. A good electrician knows where to look for short circuits in a house and what to do about them. So also should a good physician know the WIRELESS ANATOMY OF THE HUMAN BODY, which is none other than its energy circuit.

The energy flow is the primary factor here. By knowing the fields and the travel of energy waves in their paths, this becomes a most intriguing application of intelligent release of the accumulated energy from one pole, to the opposite pole, by freeing its circuit where it is stuck and manifesting as excess activity of swelling, redness and pain. This can be in any one of the four polarized fields or in the neuter [neutral] etheric area of the center pole or axis of the body. Please refer to Charts [No. 4](#) and [5](#) in Book 1, also the charts given in the beginning of [Book 2](#). They are the fundamentals of the wireless blueprints of the body currents and energy circuits.

It is all very simple, when once understood. We think nothing of studying paths of energy circuits and wave travel in electronics or in earth currents, air currents, etc., but when it comes to the human body, we limit all our search, research and viewpoint to chemistry and mechanical procedures. Why should there be this exception and limitation here? Is the human body less than an atom, or worth less time and effort for search and research along this line? Or is it because we have utterly lost our way in

¹ Soamiji Maharaj (1818-1878), born "Shiv Dayal Seth," poet and Satguru of the Surat Shabd or Radhasoami yogic tradition.



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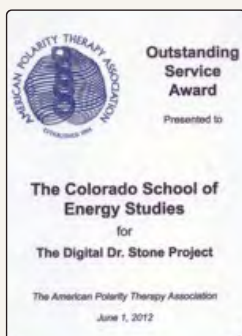
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A Vital Viewpoint on Structural Balance

vertebra and give a gentle roll, as illustrated in [Chart No. 34](#) in Book 2. The same can be done with the patient sitting up, as shown in [Chart No. 15](#) in this book.

Life is unique if we can but see the pattern energy as vital currents instead of only the form as mere mechanical correction from a purely physical standpoint.

Contact points for the center and the sides of the occiput and sacrum, also the sphenoid and coccyx, are marked on [Chart No. 18](#) in this book.

The dotted lines on the sacrum and the 5th lumbar [L5], and over the glutei, shown in [Chart No. 2](#) in this book, are contact points for the GANGLION OF IMPAR BALANCE with the CEREBROSPINAL ENERGY FLOW. One contact is from below, along the coccyx and under it. The other contact is on the dotted lines, with the thumb of the other hand. It is described on [page 83](#) in Book 1 and is illustrated in [Chart No. 19](#) in Book 2.

SPECIFIC CONTACTS BY TOUCH BASED ON HYPERESTHESIA SYMPTOMS: In diagnosing from the neck, by touch, there is usually more soreness on one side than on the other over the transverse process and in the lamina between it and the spinous process. That means a tension or plus impulse is active there on top because of an anteriority on the corresponding vertebra below, due to local spastic contractions in its muscular attachment on the opposite side of it. The contact would therefore be an inhibition on the cervical vertebra and a stimulation on the lumbar vertebra on the same side. However, in practice, it is easier to inhibit the opposite transverse side to release the spastic pull there. This balances the muscular tension and is equal to the adjustment theory of diagnosis and correction.

Experience has proven that greater changes take place in the neck when the muscular pull is balanced than when the bone is adjusted. This is based upon the fact that all distortions are REALLY DUE TO MUSCULAR PULL WHICH MOVES THE VERTEBRAE POSITIONS FOR ACCOMODATION [accommodation] TO THEIR TENSIONS. Releasing the PRIMARY FACTOR FIRST is the logical procedure in dealing with energy currents - whether blocked or in excess - as the real causes of subluxations. Energy is the mover. The bone is the object moved by muscular action, through involuntary impulses which produce lesions.

The energy approach is far deeper and more effective than the mechanical secondary principle of results. CAUSES ARE PRIMARY FACTORS TO CORRECT. Then, when the muscle pull is released by balancing the vital impulses, the vertebrae literally fall into their natural position by the least movement or correct positioning, AND STAY THERE.



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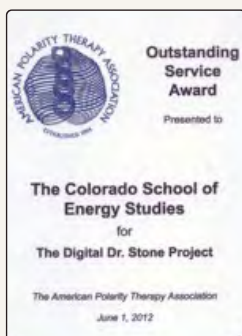
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Explanation of [Chart No. 8](#)

This chart sketches the process of placing the Idea and Ideal pattern of the mind of man, created as an image, into actual lower vibratory spheres for expression through five fields and five senses as actual awareness in matter, a dense plane, through material consciousness and being, for the completion of creation.

The One Idea and Consciousness is now scattered and separated into four polarized currents of senses and fields, to act through them for the experience of the soul and the mind as its agent, in contact with matter. The Mind Pole, having completed its creation in the Ideal World, with all the designs of blueprints made, lessens its octave of vibratory intensity through fulfillment on one plane, and starts a new day of creation. This is in the next lower realm of expression of the Ideal Purpose and Vision in the Mount of Consciousness within.

1. For this purpose, the head is placed into the neck area of the etheric plane of 'Akash' [akasha, aakaasha]. This is the plane of Sound, the WORD of command of the Creator sounds forth into this realm of creativeness. All things take shape in the etheric world of sound substance, according to the attraction and polarization of the Sound Vibration.

God spoke into this realm on that day of Creation. That is where our Biblical record begins to express God's WORD as the One Life and Light in Creation, out of which all things were made. There was Light above, in the ideal head, as the Sacred Flame, but it was not yet projected into the field of Creation by the Sound Current of Command from the Creator.

"And God said, Let there be light: and there was light." (Gen. 1:3)

This is also given in [Chapter One](#) of this book under the title of 'The Vital Flame of Creativeness'. All energies which descend into the body go through this plane. So do all return currents from below, for recording in the consciousness. Therefore, the neck is a cross road of the main vital currents, downward and upward. That is why it holds all the impressions and records of etheric happenings as well as pain symptoms in the body. It is the place for real diagnosis of the energy current flow and obstructions.

For this purpose the elaborate description of [Chart No. 2](#) is given for diagnosis and Vital Balancing applications. It is a new field and most valuable for any real research doctor to know what the One Vital Current is doing in all four fields of polarized action, upon which all function depends. "As above, so below" is



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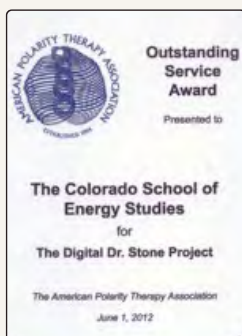
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The Plumb Line and What It Means

The plumb line shows distortions and muscle tensions that are unequal in the skeletal framework. A patient can be badly distorted and yet not be very sick; he may not even know it. Another patient may check good on the plumb line, and can feel terribly bad.

The plumb line does not indicate vital function distortions, nor Sympathetic or Parasympathetic nerve disturbances, nor acute inflammatory diseases, except when skeletal muscles are involved. The plumb line is a good check for structural distortions, but not for functional imbalance. There are many lines of stress in the body energy fields that are not governed by mere physical gravity. The four elements themselves are beyond the law of gravity, as they are energy particles of the finest kind, a fourth grade of matter, like electrons.

In all our doings, understanding is of the greatest importance. And to blend the energy fields of the body in their functions is the primary need. Many people go around humpbacked and all distorted, and live to a ripe old age. It is not the structure that kills us, but the vital function's inability to act. True, every organ must have room in which to expand and contract; but correcting a visible, external distortion does not necessarily correct a vital function.

Keeping the four elements in mind in all of our manipulative work, will help the patient much more than popping all the vertebrae. Balancing the energy fields and factors by means of manipulation, will do wonders for the patient as well as for the reputation of the profession. IT IS NOT BY STRENGTH NOR BY MIGHT, BUT BY SKILL THAT WE SUCCEED.

Many times a patient may check good on the plumb line, but still complain of low back pains. In men, this is usually due to prostatic gland trouble and should be so treated. In women, this is usually a uterine reflex. Sensory energy blocks are too fine to show on the gravity line. They have their field in the inner sensory exchange centers, between the Sympathetic and the Parasympathetic systems, as emotional tension. DEEP PERINEAL CONTACTS TO BALANCE THE THREE NERVOUS SYSTEMS ^[1] FROM BELOW UPWARD, IS THE ANSWER TO MOST OF THESE SPASMS AND PAINS IN THE DEEP MUSCLE FIBERS OF THE PELVIS. To balance the below with the above, and the tension within with the one without, is a good rule to follow for any tension release. The centers attract, the surface resists and tightens up. Release both, the plus and the minus poles.

¹ See [Autonomic Nervous System Terminology](#) for more information.



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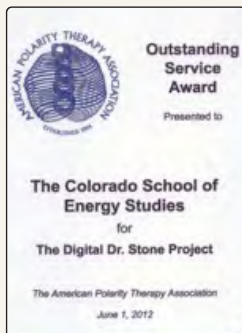
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Explanation of [Chart No. 11](#)

This chart illustrates KIDNEY TECHNIQUES through contacts on various poles of the body, from the bottom of the feet upward, on the same side of the body. The soles of the feet were clearly illustrated for this work in [Chart No. 4](#) in this book. The main point here is the discovery that the foot must be flexed under a little tension so the areas involved are brought out for all foot therapy applications.

Flexing each toe brings out that area for a contact on the sole of the foot. Merely working the feet or rolling the soles over a ball or a rolling pin does not do it. That all helps in a measure, but is not a complete therapy. The foot must be flexed and polarized locally with the cuboid bone contact and pressure from the outside for best results. This is illustrated in figures 1 and 2 of this chart. IT HOLDS GOOD IN ALL OTHER FOOT THERAPY, whether it is for the liver, the colon, the stomach or any other polarity center in the foot, where anterior and lateral contacts support the local area hold.

Figure 3 depicts the other hand over the kidney area on the back of the body, comprising the 11th and 12th dorsal [thoracic] vertebrae [T11, T12]. The foot contact which is used simultaneously, consists of firmly gripping the back of the foot and applying the thumb to the kidney area on the foot.

Figure 4 illustrates a contact on the representative kidney area in the airy triad [Air Element triad - Gemini/shoulders, Libra/kidneys, Aquarius/ankles] of the leg response, the Aquarius region shown in Chart No. 5, Book 2 [sic, [Chart No. 5](#), Book 1]. The contact is worked with the thumb in the calf of the leg. The contact with the other hand over the 11th and 12th dorsal [thoracic, T11, T12] is held firmly on that side only, by the heel of the hand.

This chart gives the over-all procedure for therapy from the feet up to the body, whether it be for colon, liver, stomach, pancreas, spleen, intestines, etc. Only the exact spots change a little and must be found for each pole in order to obtain best results. THESE HAVE BEEN ILLUSTRATED AND NEED BUT TO BE SELECTED AND FELT AS TENDER SPOTS, AND POLARIZED. This application for three to five minutes on each side, accomplishes much. Change from one contact to another more frequently if the areas are too tender. Each time you come back to them they will be better.

The response will be noted in the other pole at once, when correctly done. The patient will know it also. Nothing succeeds like Truth and CORRECT APPLICATION. It is a process of floating with the Universal Currents on the Waters of Life. Our little boat cannot help but float to the other shore if TRUTH AND SERVICE are steering it to its goal.



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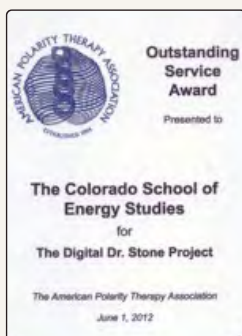
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A Brief Outline of Vitality Balance

take place and the communication of the energies within the body spells
BALANCE AND WELL BEING to all cells and tissues involved.

In our world of radio, television, telephone and telegraph^[1] we take this for granted. But in our body's system of the circulation of ENERGIES which are wireless, we doubt its efficacy because we believed that only chemistry or mechanics could accomplish results. They all have their place and achieve a measure of results, but POLARITY Therapy has and can help many who have failed to succeed in obtaining results by other methods.

Proof does not explain the process to the confused mind, so it is passed by because of popular, set belief. New things and ideas must make a place for themselves by new pattern grooves in the mind of the public. This is done by advertising and popularizing a new idea or thing, and takes much effort, time and money. That is why many good things do not reach the minds of the people. It is a slow process.

POLARITY THERAPY is a comparatively new art which produces amazing results, especially in difficult cases, some of which had even baffled the experts in every field of therapy. Yet it is so very simply [simple] when one understands the circuits of the body the same as an electrician understands the wiring in a house. A good physician knows instantly where the energy circuits in the body are blocked or short-circuited. They can be effectively relieved by means of Polarity Therapy.

The first book along these lines was published by the author in 1948. It was called "THE NEW ENERGY CONCEPT OF THE HEALING ART". It is now improved and enlarged and is published under the title of **THE VITAL POLARITY IN THE HEALING ART**. It is a companion of this book and deals mainly with the foundation and principles; while this book goes more into the details of the application of these principles.

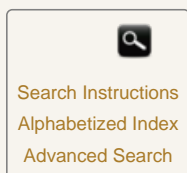
May this work reach the seekers who are looking for a deeper perspective of a common denominator in the healing art, to push it along in keeping with all the atomic discoveries of today. The health and well-being of the people should not be neglected. It should really be the first concern of the scientists, doctors and educators. Without health and happiness, all our modern conveniences are of little comfort to us.

¹ Not to mention computer networks, WiFi, and data streaming.



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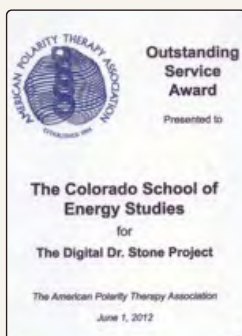
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Tonsillitis, Sore Throat and Goiter

The area immediately above the ankle bone is the negative pole of the neck line. The soft tissue, deep in the back of the leg, near the tibia and the fibula, holds the throat reflexes. The hip joint is the neuter pole to the ankle and the jaw articulation. Find that sore spot on the anterior side of the hip joint, in its lower half circle of articulation, and polarize it with the deep ankle contact by stimulating it. Then gently lift the clavicle and hold it while stimulating the hip pole with the other hand.

Find the sore spot in the shoulder girdle pole of the feet and hands as shown in Charts [No. 4](#) and [5](#) in this book. Hold the hand sore spot with one hand and stimulate the foot pole with the other to divert from the throat pole.

In these conditions the polar areas will be similar to those found in mumps, only a little lower in each place, the same as the tonsils are lower in relation to the parotid glands.

Locate the poles in each region and balance them by finding and holding or inhibiting the sore spots there, while stimulating the opposite pole with the other hand. This treatment works wonders in acute conditions because then the areas respond quickly through their own activation.

Chronic diseases located in these areas can be traced in the same way, but the reaction may not be there as sore spots, and may have to be activated first, before the deep blocks will come to the surface. Then they can be released and balanced. All chronic conditions must become acute by increased energy and circulation before restoration of normal tissue is possible.

Proportions of inharmony can be detected by soreness and lack of elasticity or limitation of function as well as by the deformity and discoloration in the feet, the toes and their nails.

The feet, as the negative pole, reveal chronic distortions and diseases which may become active at any time.

The hands, as the neuter [neutral] pole to the body, figuratively placed over the head in the same manner, will reveal the same design of relationship. However, the hands reveal acute conditions in their markings of ridges, splits, moons, etc. across the nails, and sore areas over the front and the back of the hands. Whatever is indicated in the hands is acute and active now. This condition must be understood and corrected now in order to resolve the sedimentations and to balance the energy current flow from within, outward. It is the purpose of POLARITY THERAPY to diagnose and correct by means of ENERGY CURRENTS within the patient's own body and thus restore the VITAL CIRCUIT.



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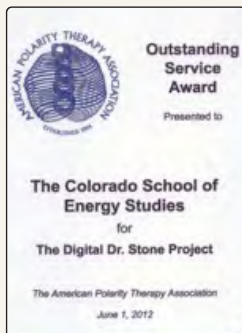
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Leg Conditions

Leg trouble can always be found in the perineum, and diagnosed and treated from there. Whether it is a short leg or a pain in the leg, the POLARITY reflex is in the perineum. Spastic and sore psoas muscles are relieved by means of PERINEAL TECHNIQUE. A test, before and after the treatment, will prove the point.

In pregnancy, PERINEAL TECHNIQUE^[1] is invaluable in relieving pains and tensions due to pressure in the pelvis. It gives almost miraculous relief in all leg symptoms and pains due to pregnancy and the nervous symptoms caused by the changes in the pelvis.

The perineum is the lowest major point of gravity in the body, and it definitely affects parts below it and above it. The perineum is also the major negative pole of the body and, as such, holds the key to all negative and irrational impulses and perversions of the currents in the energy field. For these reasons it is of vital importance in balancing and correcting ills of the body.

Much can yet be discovered about this anti-pole of the brain. Skill in treating plus understanding of the energy fields in the body, are the essential factors.

What the doctor's mind cannot conceive,
That, he cannot relieve!

It is the vital force in the bloodstream which warms and animates the body. Life withdraws from the extremities first. Then they harden and become rigid and cold. They are farthest removed from the center of life, and waste products in the circulation gather at the lowest point of gravity, like sediments in a barrel. To remove these sediments by means of the application of leeches on the hardened areas is of great benefit.^[2] Thus circulation is brought again through these obstructions by means of new blood which replaces the stagnant local waste in the area thus treated.

That the sludge in the blood prevents the normal flow of circulation in that area is a well-known and recognized fact. By withdrawing the impure, stagnant venous blood from the hard areas around an ulcer, the ulcer is healed by means of the supply of fresh blood to that area. As the old is withdrawn, the new blood can flow in and re-establish normal circulation. Circulation of the blood is the animating factor to the extremities because of the life force of 'Prana' in it.

¹ See Book 1, page [87](#); and Book 2, Charts [30](#) and [31](#).

² See "Leeches and Their Value in Polarity Therapy" in [Book 3, page 103](#).



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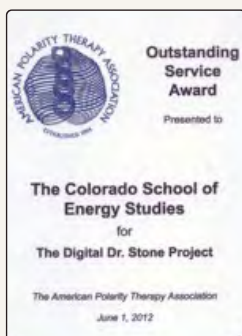
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The Mystery of Fever

by natural methods and not be permitted to burn the 'house' down. Very satisfactory and sometimes miraculous results were obtained by me in the many hundreds of acute and chronic cases which I have treated in this manner - and some of them were very serious conditions with complications, such as middle ear diseases, etc.

It matters not what the name of the disease may be, the fever is to be controlled in the same NATURAL way, and then the controlled fever itself will burn out the disease, usually leaving the body in better health than ever.

Medical science has also observed the curative effect of fevers, and uses diathermy and short wave therapy to create an artificial fever. Sometimes even malaria germs have been used to create an artificial fever for the cure of some obscure disease. But a natural fever is not tolerated nor properly controlled and utilized! MAN ENDURES - NATURE CURES.

BOILS AND CARBUNCLES: Usually there is fever and pain with this effort of Nature to eliminate some specific poison from the bloodstream. Nature's effort should be sustained by the wise physician who sees the long range good and benefit for the patient in this elimination of impurities which could not be accomplished otherwise. It should be encouraged by means of hot flaxseed poultices applied over the acute areas, to draw all this poison outward, to a head by dilation and surface expansion.

A boil or carbuncle must ripen, like a fruit on the Tree of Life, be it good or bad. Poultices of any kind, heat and patience are the main factors here. A fruit diet assists elimination by not taxing the digestive system, as rich foods do, which caused this condition in the first place.

Lancing a boil or carbuncle drives the poison and infectious enzymes back into the bloodstream and that can cause heart trouble and other severe symptoms due to the suppression of Nature's process. Where the vitality is good, there will be more crops of boils or carbuncles after each lancing or other means of suppression of Nature's process, until exhaustion produces worse after effects.



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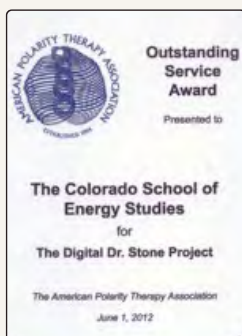
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Polarity Therapy Principles & Practice

1. Energy is the real substance behind the appearance of matter and forms.
2. Energy precipitates all forms according to a mental blueprint pattern set forth by the Creator in His decree or Will.
3. Energy enlivens all forms and sustains them by linking them with all Nature, as the unit of substance and matter.
4. Energy in the sunlight can be broken up by the spectrum into colors which are gases and determine the presence of metals in planets far away. The secretion of chemistry in the body is a similar process. Carbons loaded with a metal iron core will produce short ultra violet light waves. Here the chemistry from energy to liquids and solids has its beginning.
5. Energy is a living breath of life, called "Prana", from a higher sphere of the space world. The breath of life is also called "Qi" [chi] in Acupuncture. One of the concepts of Acupuncture is that of Polarity. Life exists as the result of tension between two extremes - male and female - positive and negative - yang and yin - pingala and ida - right and left breath - qualitative and quantitative.
6. The nucleus or neutron energy is the central core energy as a neuter [neutral] principle in Nature, called "Prana, Qi [chi], Od, Akash [akasha, aakaasha]" or Ether. Its position in the body is the center core of fine energy substance from the top of the head to the end of the spine, like the staff of Hermes, the Messenger of God's Energy, called the Caduceus, the Tree of Life in the human form. From it radiates the energy which flows over the three nervous systems as the airy neuter [neutral] principle, and flows in the cerebrospinal fluid as its river and conductor of the Sea of Life Essence. This is the green or neuter [neutral] spectrum band.

This neutron energy also flows over the circulation as the positive principle of Fire and Warmth [Yang¹], the river of the sustaining life substance. This is the three-fold red spectrum in the light sphere.

This same energy also radiates and flows in the lymphatic system and all secreting glands as the negative Water Principle [Yin¹], which is cooling, soothing and healing. This is the blue, indigo and violet in the spectrum waves.

7. Between the eyes lies the center of Consciousness, which connects the Soul as Awareness with the outside world, through the right and left breath and the ten senses - the five sensory and five motor senses - through which we

¹ To alleviate confusion between the Three Principles (Fire, Water and Air) and the Five Elements (Ether, Air, Fire, Water and Earth), many Polarity practitioners refer to Dr. Stone's "Fiery Principle" as "Yang," his "Watery Principle" as "Yin," and his "Airy Principle" as "Neutral" or "Tao." See [The Three Principles and Five Elements](#) for more information.



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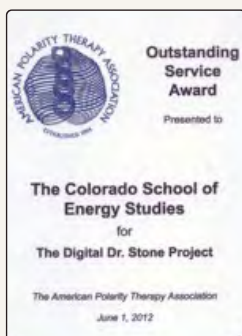
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Polarity Therapy Principles & Practice

14. Acupuncture balances the two currents in their function and polarity with each other by means of needles, so they will flow in and out of the form freely in normal action and expression, called Health or Well-being. When there is no obstruction to the energy current flow, there is no pain or stagnation in the circulation.

15. WHAT THE NEEDLES CAN DO, THE HANDS CAN DO BETTER, with a battery of consciousness behind them plus intelligence for direction of currents. The right hand is the positive sun action, radiating, disbursing, outgoing golden energy. The left hand is the negative cooling moon energy, toning, soothing and inhibiting or concentrating the current for sedimentation and use. The negative current is the mother principle of the nest builder in Nature, for perpetuation and repair.

16. Isometric or Isometros (equality of measure, balance) is the trend of action and exercise today. In the Hermetic art they did this by magnetic passes, and the laying on of hands on the positive and negative areas, instead of using the gold and silver needles.

17. In the body, the pulse beat is the measure of life waves going out and flowing in, carrying air and nourishment to all cells. Circulation follows the energy current in its movement. When there is an energy block, the heart, as a regulator, is helpless.

18. All tissues, even the brain and nerve tissues function in proportion to their blood supply. Physically, it is most important then, that all therapy should balance and improve the blood supply to the tissues.

19. Symptom relief and blood supply are positive checks and proof.

20. Even in the down-to-earth physical realm, we have the functioning of the law of Polarity, of expansion and contraction, upon which all function and motion depends.

21. The vasomotor dilators and constrictors are the real regulators of the circulation. If the brain cells and the cord cells do not get their needed blood supply, they can not function.

22. Hypertension, caused by arterial vaso-constriction [vasoconstriction] in excess of the dilators, causes an excess flow of blood to the brain and the spinal cord, producing a hyperemia there and an anemia on the outside surface of the spinal muscles.



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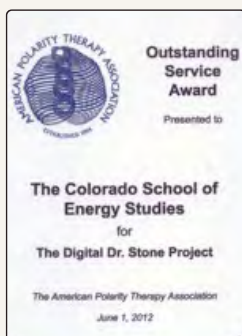
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Energy Tracing

relieve the deep internal expansion pressure on the nerve itself. I had several such severe chronic sciatica cases in my clinic in India as well as in the U. S. A. Some had expert medical diagnosis and attention at home and in hospitals, and after a year or more of it were advised to have surgery. That is when they came to me and I could prove my POLARITY PRINCIPLE of ENERGY. They were relieved in one or two treatments. The recurring gas pressure was eliminated by releasing the digestive energy blocks. (See chart [No. 4](#) in the set of 25 charts)

The above is mentioned to show the practical application of this new basic approach to the over-all picture of therapy in treating bad chronic cases, even after prolonged hospitalization and all modern therapy had failed. Experience is the best teacher, and the proof lies in accomplishment.

The shoulder level is the horizontal line of subtle stress and the base and fulcrum for the airy and vital pranic energy circulation to the neck and head. This subtle energy is the active mover in the blood stream also, beyond the physical gravity principle! It is the upper triangle of the Tree of Life of circulation, digestion, oxidation and carbon dioxide pressure release.

But this takes far more than mere pressure on a spot, or a needle in the blockade pressure point, as in Acupuncture. It is an art and a science, rather than a mere process of movements applied by any other type of therapy or chemistry. It deals with subtle ENERGY and not the gross forces that are obvious. Even a lifetime of research work and midnight oil can solve only a measure of such problems of health and living. This has to be seen and demonstrated personally, after which the books and charts really mean something and can be used as reference books.

The soul, as the center of conscious being in the body, must be reached through these life energies by mending the short circuits of mental and emotional resistance through understanding the subtle life process in ourself and in Nature, which are the tattwa [tattva] or elemental tension fields. This law of Life and Motion operates in the cosmos and in man, and cannot be ignored. Life itself is a paradox, which comforts while it mocks!

Opposite to the shoulder level is the hip level base, the water tattwa [tattva] or element and the earth tattwa [tattva] support fulcrum of motion. These two major levels must be coordinated in therapy as horizontal lines of forces in action. It is like the Ark of Noah, floating on the psychic energy ocean of Life. (See chart [No. 10](#) in Book II)



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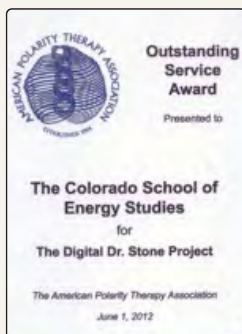
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Introduction

Health Consciousness: The Essential Unity of Body, Mind & Soul as the Key to Well-Being

"The mind creates multiplicity everywhere to cover the simplicity in nature."

Health is not merely of the body. It is the natural expression of the body, mind and soul when they are in rhythm with the One Life. True health is the harmony of life within us, consisting of peace of mind, happiness and well-being. It is not merely a question of physical fitness, but is rather a result of the soul finding free expression through the mind and body of that individual. Such a person radiates peace and happiness, and everyone in his presence automatically feels happy and contented.

If we really want health, we must be willing to work for it, the same as we do for wealth, education or any other accomplishment in life. And those who seek health, truth and love will find it, if they devote themselves to it with zest and a purpose that never waivers. We become that which we contemplate. Negative thoughts and fears make grooves in the mind as negative energy waves of despondency and hopelessness. We cannot think negative thoughts and reap positive results, and therefore we must assert the positive, and maintain a positive pattern of thinking and acting as our ideal.

At the very core of the search for true health lies the essential question of what life is for. What is our personal goal, in terms of the use we make of this body and mind - and what is the purpose of the divine gift of this human life? Merely having no physical pain does not always mean a happy condition of mind. We are entitled to more and have a greater purpose for being in this world. Each one of us is seeking the inner happiness that comes not from outward accomplishments,

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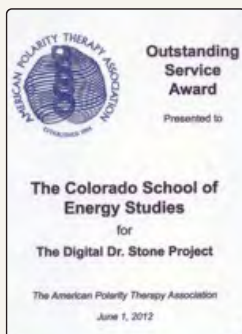
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Health-Building Ideas

but hear it and see it in love and understanding of the Creator's Grace and Being.

"Life is one." "The Lord our God is One."

He is the essence of all life and beauty everywhere. With this keynote of understanding, life flows like a river of natural expression and manifests as health.

Positive Mind Patterns

To have health, we must have it in mind as an ideal pattern and an objective to work for. We must layout our days' work and habits in line with that blueprint of health and life - actively doing and being as we want to be. Then all will be a harmonious expression with a purpose in life, in love with the Creator and His wonderful creation.

He is in all there is as the one Essence, the One Life, the One Love, and the One Understanding of Truth. This keynote must be established as the positive mind pattern in the seeker of health, and by the positive attitude of daily realization and becoming in thought, in deeds, in actions and in feeling at one within oneself and with Nature outside.

Then these patterns will attract the positive particles of space energy and fill the patterns of cells and tissue formation with life's ions as we live, breathe and think in terms of love and life as our reality and heritage. We will become that which we contemplate.

Negative thoughts and fears attract negative ions to build into our mind space negative thought waves and negative energy waves, feelings of despondency and hopelessness. All this occurs because we have discarded the positive pattern of life as our ideal, our breath of life, and as our daily thinking on every subject and topic. We cannot think negative thoughts and reap positive results. We make the bed we lie on. We build the house we live in. If we really want health, we must be willing to work for it, the same as for wealth, education or other



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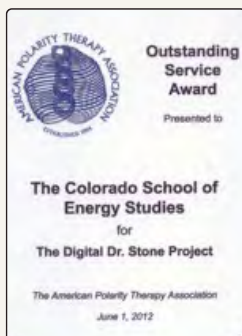
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Introduction

rather than sowing the seeds of future suffering through heedlessly abusing life each day.

If we form the habit of daily eating and drinking only for health - physical, mental and spiritual - we will find a growing sense of well-being, accompanied by the energy and happiness that come when one is no longer bound by cravings and appetites. We should not merely live to eat, blindly obeying our sense of taste, regardless of the consequences to ourselves and others; but we must strive to eat to live, in order to find peace within ourselves and be a source of love and happiness for all beings around us. We can rebuild and mold our body daily, psychologically and physically, while we avoid enervation through mental or physical excesses of any kind.

Each person should take enough time and interest to study his problem so that he or she can live intelligently and assist nature in tuning the body and mind into its abounding rhythm and beauty. To understand life, we must be in tune with it.

Those who are destined to look for true health will find it.

*When Life and Love become our interest sublime,
We do not need a personal self to shine.*

Life's own radiance exceeds all when we truly forget self and its limitations and sufferings, by being lost in Love and Life as the only jewel of Reality worth living for.



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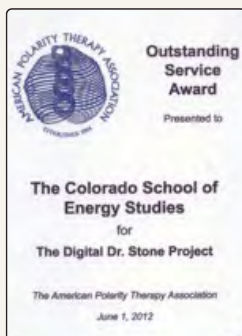
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2 - Health-Building Ideas

*This house of clay in which we stay
And where we play and also pray,
Is our temple and our fort, for life's sport,
Built from mind and feeling patterns long and short.*

*We are what we eat and drink
What we feel and what we think.
"Man does not live by bread alone."
Mind patterns rule our life.*

Sound and Light Waves

Life is the expression of love in sound waves and energy currents, throughout the creation and in man. Love is light, which crystalizes as beauty in the spectrum, becomes color and gases as it is reduced in speed of vibration, and also forms the beautiful colors in the buds, the flowers, and the fruits. It precipitates as the delicate pink color of the lacework of tissues in the human form. Everywhere is the expression of love and beauty as art and design patterns. Concentrated waves form electromagnetic fields, build the cells and govern them by attraction and repulsion. The three gunas* are everywhere the attributes of matter and motion, as positive (+), negative (-), and neuter [neutral] (0). Everywhere is life in motion and in sound effects, such as speech, the songs of birds, and the howling of beasts or their roar of life's expression. There is music everywhere as plus and minus tones, without and within, if we can

* Gunas^[1]: The universal principles governing all motion. In his advanced texts, Dr. Stone uses the gunas as a mode of categorizing various types of therapeutic interventions.

¹ In Sanskrit, "guna" means "string" or "thread". According to Hindu philosophies, there are three gunas through which the nature of the universe is expressed: sattva (creation), rajas (preservation), and tamas (destruction). These principles correspond to the respective Taoist principles of Yang, Neutral, and Yin. These far eastern terms have become the preferred terms for many Polarity Therapy practitioners.



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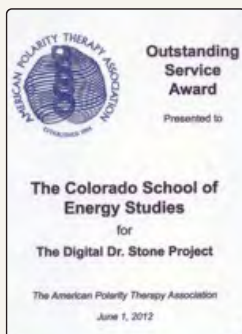
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accomplishments in life. And those who seek health, truth or love shall find it if they devote themselves to it with zest and a purpose that never wavers in its course.

Life is a river; it is a road - a direction of energy waves and currents in our being that leads to more water of life, more space and tolerance and to higher pinnacles of love and understanding, through pleasure and pain, through success and failure, through trials and overcoming all our negative factors of thinking, doing and feeling, into a harmony of love and its fullness of expression through understanding and compassion.

Soulful Living

Health is not merely of the body, it is one in all. It is the natural expression of the Soul, of love, of life in rhythm with the One Life, its Source and supply house. Happiness is of the Soul, in love of oneness and unity, the reality of being. The body is an earthy Temple and has only the happiness in its fields which the thinker or artist in the body builds into it, by thinking designs and patterns of happiness and health. "As we think so we are."^[1] All our efforts must be toward health as a unit of accomplishment and life itself in daily habits of eating and drinking for health only. We must not merely obey our sense of taste or cravings and habits of the past. Life must have a definite purpose and meaning. It is a road that leads somewhere. Where is our guiding Star, and our Goal? What is life for, if it is not an effort to higher realization of consciousness or Soul growth and inner happiness? We can become that which we wish to be if we work for it.

Objectives and Life's Jewel

Possessions, position and condition are but means to an end, not the end in itself. We must use these wisely, or they will use us as slaves and servants to their design and pattern of more and more greed and exhaustion through frustration, enervation and bad health. If you wish to gain health and happiness,

¹ James Allen (1864-1912), a British philosophical author and pioneer of the self-help movement. In 1903, he published his most popular book, As a Man Thinketh.



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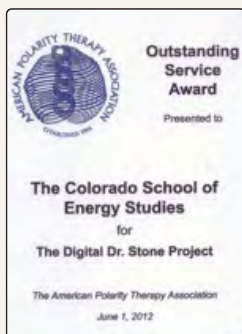
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you must work for it and labor in its vineyard all hours, day and night, in thoughts and in deeds and hold fast to the One Idea - the Jewel of Life within you. Have you ever asked yourself, if I gain health, what will I do with it? What for? Have I learned my lesson of inharmony and mistakes by suffering and through illness? Be an artist and an architect of your own house, your temple, your body and your mind. Build and struggle, and don't expect anybody else to do it for you, so you can let your mind wander loose without direction or control. All life points to this one lesson - mind control through love and understanding. If this is not the objective in our life, why bother at all to look for health? Health and happiness do not depend on the body, but on the energies that run it, flow through it and animate it.

If we want health we must learn to govern and direct those energies from the center outward as normal expressions of life and motion, with a reverent attitude toward life's sacredness as the Creator's gift and we as its steward. We are held responsible for it and experience it by action and reaction. Life is but a kindergarten of experience. We learn by positive and negative actions and reactions, as cause and effect, which are life's lights and shadows.

If you are interested in your health, start to think on causes and effects, and you won't need to look for an escape mechanism or wonder pill or tranquilizers to do the work for you. We must learn to live life and feed the body wholesome natural foods with all the life elements in it, in their finer forms as enzymes, hormones, vitamins, and minerals, besides the bulk of proteins, starches, sweets and fats to nourish the grosser parts and serve as combusive material in the digestive process.

Health

Getting well is a road of labor and of love; it is won through effort; then we reach this ideal condition. If we set our hand

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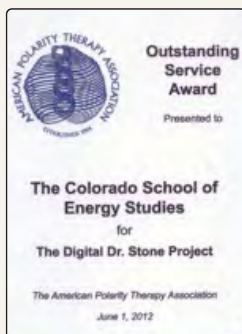
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3 - Principles & Application

"Creation has an outward purpose for the body and an inward purpose for the soul. ... The creation which we see with our material eyes, and only part of which we can comprehend, is but a very, very small part of the total Creation ... it is but a speck of the Real Grand Total of the entire expanse of finer and still finer Substance and Vastness beyond the comprehension of the mind."

Digestion is a process of combustion of solids or liquids to extract their heat units as energy for motion and their chemistry for replacing worn-out particles in the body tissues. "Combustion is a rapid chemical union of light and heat; its by-products are CO₂ (carbon dioxide) and water (moisture)."

Combustion in an engine and in our digestive system is similar - and very informative by comparison.

The fuel for an engine must be suitable for that type of engine and combustion chamber, whether it be a steam or gasoline engine. This is an important point in building health and maintaining it. Even wealthy men, like John D. Rockefeller who had a very poor digestive system all his life, by very careful selection and light eating of simple foods lived to a ripe old age. The Italian nobleman, Cornario, proved the same point. He lived to be 110 years old because he lived a simple life after he was told by doctors that he would die in his early youth because of his reckless habits.

A little thinking and attention applied to our own motor and its combustion proportions and quality would save us much ill health and suffering. On the process of digestion depends the maintenance of our body the same as the performance of the motor. Only with this exception: The body



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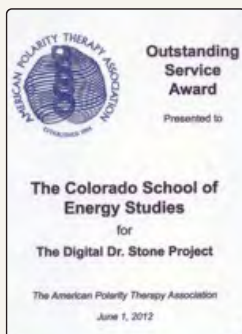
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Principles & Application

Often acute high blood pressure symptoms are due to gas in the circulation and are not serious at all, as it can be released quickly. Most headaches are due to gas in the bloodstream. Oxydation [oxidation] is caused by the moisture effect in the process of combustion. Good digestion produces good oxydation [oxidation] and elimination. It is important to know how these vital effects all hang together on the one process - digestion, which is the fire element in action in the body. From all this we can see the vital importance of wise and careful eating for health to extend our span of life and health. Life is a gift from the Beloved Creator. Like wealth, we can waste it, spend it fast, or use it wisely and conservatively and live longer. We can dig our grave prematurely by reckless habits of wasting the energies of life, and with the fork and knife as bad eating habits.

Our every action is our karma, which decides our life here. We are either a wise steward or an inefficient manager. How often do we not have proof of this, when we see a handicapped person or a sickly one do better and live longer than a robust healthy-looking one? To give just one example, Frank Gotch, the world's outstanding wrestler, died at the age of 42.^[1] On the other hand the great scientist Tyndal, who was so weak physically that he could not even carry his big dictionary from one place to another in the room, lived to a ripe old age.^[2] And among handicapped persons, we need only mention Helen Keller to prove what effort and will can accomplish.^[3] With these facts and proof, no one can glory in his ill health or in his appendix operation. Clear thinkers try to find the causes, while the average look for escapes from effects.

This puts the whole picture into a different light as to causes, which lie in ourselves, rather than in some germ. Humanity must grow up sometime and be responsible for its action in war or peace. Only when we understand ourselves can we get along with ourselves and value this precious gift of life, given for the sole purpose of freeing our Soul and consciousness from the snares of the mind and senses, which are

¹ Frank Alvin Gotch (1878-1917), an American professional wrestler. His official cause of death is recorded as uremic poisoning, but rumors persisted that he actually died from syphilis.

² John Tyndall (1820-1893), an Irish physicist. He died from an accidental overdose of chloral hydrate taken to treat insomnia. While he did retire from public life citing ill health at the age of 66, he had a very robust life before then. From 1856-1868 he was an accomplished mountaineer and glaciologist. He also went on many lecture tours throughout Europe and the United States.

³ Helen Keller (1880-1868), an American author, lecturer and activist. She lost her sight and hearing at the age of 19 months, possibly due to scarlet fever. She did not learn how to communicate with the outside world until she was 7 years old with the help of her teacher, Anne Sullivan. As an adult, she became a political activist and an advocate for those with disabilities.



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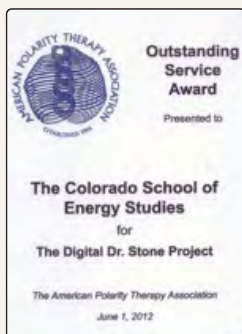
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6 - Diet & Health: A Daily Diet to Regain Health*

"We know so much about disease, but nothing about health! Don't treat disease; treat the individual. Find out where the energy is blocked!"

The first thing in the morning, instead of bed tea, I recommend a "liver-flush" to bring it back to its normal function.

1. *Liver-flush*: From one to three tablespoonfuls of pure, cold pressed almond or olive oil mixed with thrice the amount of fresh lime or lemon juice - stir and drink it. Then take two cupfuls of *hot* water with the juice of one-half or a whole lime or lemon to each cupful.

Alternative: One glassful (8 ounces) *fresh* orange, grapefruit, pomegranate or pineapple juice may be taken with the oil and followed by the two cupfuls of *hot* lemon water.

Constipation is also relieved by either of the above practices.

2. *Breakfast*: For a quick cleansing, diet should consist of only fresh fruits, such as papaya with lemon on it, apples, pears, guavas, oranges, pomegranates, or melons, apricots,

* The dietary principles in this chapter may be applied generally for most conditions. See [Chapter 14](#) for a specific outline of a more rigorous "Purifying Diet."



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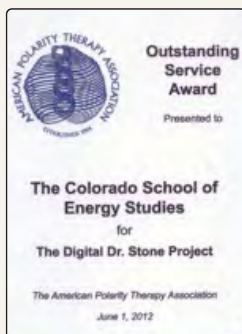
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Latent Energy Fields in the Body

and health, yes; but not bulk in appearance. Dexterity of mind and thought go much better with an elastic body than a rigid one. Nature proves that. And a nimble wit rarely goes with a rigid type of body which has been subjected to much strain.

For the tense businessmen and women, posture stretches used during office hours would pay well when the mind sags and gas problems bother and interfere with the mental work at hand. A walk would take more time and not accomplish this much current flow, providing the new blood supply to the head and flush to the cheeks. And strange as it may seem, it is not done by standing on the head nor by aiding gravity nor by pushing the circulation around by force. Neither is it done by forceful breath control. In this work no breathing exercise is needed except as a stretch of muscles, by expanding the chest cavity with a natural deep breath and exhaling with a grunt that vibrates the tissues.

When the breath is used in a posture, it is for a general stretch of the tissues from within, outward, in order to *reverse* the day-long routine of constant impacts from without, pushing inward. No wonder we often feel like violence when the outer impacts become too forceful and continuous. Try this posture for a safety valve and benefit by the astonishing results.

Many mysteries are locked in the brain of man, the observer and thinker, the positive pole of the body. How many such secrets of equal importance are locked up in the pelvis, the negative pole? Have we ever asked ourselves this question? In proportion to external scientific pursuits, how much attention has been given to man himself? Experience teaches that man's growth and *real* life is an individual problem. And it must be so in order to leave him a free agent. Life is an expression of the soul of man from within, outward. When he succeeds too well in the outer, he usually forgets the inner Source of life altogether until illness or other misfortune strikes.

Is it not possible for man to keep well by doing a few simple things daily and living less strenuously? The answer is

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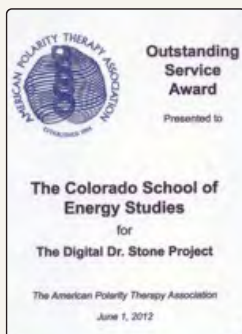
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Latent Energy Fields in the Body

yes. In the pelvis, the negative pole of the body where all the driving force is pent up like a coiled spring, a release needs to be found which equalizes this tension *without force or waste of vital energy*. The downward eliminative functions of Nature must be stimulated in order to give clearance for the currents' return to the head, the positive pole.

Vital force has its base in the sacrum, which is the motor force in the pelvis. The rest of the body can share this vitality only if its currents are flowing over the body in normal circuits of finer energy waves. If it is wasted or blocked in its circulation, the body's entire vital economy suffers and ill health is the result! Vital force is the motor and elixir of life for which there is no substitute anywhere. There are millions of seekers like Ponce de Leon,^[1] but the answer remains hidden from external search alone.

A house rests on its foundation. So does the structure of life in both man and woman rest on the vital force located at the base of the body, the pelvis. Its tissues are vital, and even the bony structure and articulations are fundamentally important for all motion, action and well-being. Many ills and pains which are the despair of physicians originate in the pelvis. Just mention a sacroiliac lesion, a lower back pain or sciatica, and few insurance companies will accept the risk or continue to provide health coverage.

Yet how much time or attention or effort of inquiry do we give this vital subject of our life? How much time are we willing to give it now, regularly, when we have found a way to gain daily benefits and improve our health? Only a few minutes several times a day are needed, but *regularly*! It is not an easy posture for Westerners to take, although it is in everyday use in the Orient. And because it has been so thoroughly neglected, the need is even greater and the results are truly astonishing. It is a challenge to our integrity to keep well and to make a regular effort in assisting Nature to do so. If external cleanliness is said to be next to Godliness, what could real *internal* cleanliness

¹ Juan Ponce de Leon (1474-1521), a Spanish explorer and conquistador. He was the first European to explore Florida while searching for the legendary Fountain of Youth.



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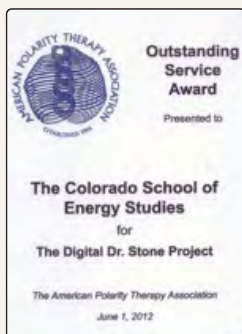
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Latent Energy Fields in the Body

accomplish, plus the improved energy flow of the life forces which must reach the brain for its vital function?

The negative pole does support the positive, even as woman sustains man in his finer emotional life and creativeness. Without that there would be no creation or even mental brilliance or inspiration from life's Source within. The latent energy fields in the body present a definite and new approach to the problem of the circulation of the energies in the body, conducted or wireless, which are essential to our well-being.

The body as a whole consists of two opposite ends and a middle, which are polarity fields with polarity functions, relationships and subdivisions. Zone Therapy in its field of amazing reactions could never be explained otherwise and make sense. If the good Doctor Fitzgerald^[1] had known this scientific fact behind the marvelous results he obtained, Zone Therapy would rank among the accepted discoveries in the healing arts of today. But for lack of a true principle as a foundation, a fine art was lost to the majority of the profession, and its benefits were lost to the public. Opposite poles are fields over which energy travels and functions. Electricity, chemistry and the magnetic field prove it as a purely practical science now. But to extend that idea to other living fields and functions has found little favor in the healing art for the benefit of man.

To link posture or exercise to the energy fields in the body and their functional improvement is a new and startling idea within the Western healing arts that I have presented in the book, *The Wireless Anatomy of Man*. The foundation is laid, which may be accepted many years hence as a fact and a part of the healing arts. However, those who are interested may prove it to themselves NOW in this simple application of a posture-stretch which is unique in its effect, and sound in the deeper principles of life and energy-flow. There must be pioneers for every new idea, or our world would stagnate and become utterly uninteresting.

¹ William H. Fitzgerald (1872-1942), an American otolaryngologist who founded the practice of Zone Therapy in the United States. Zone Therapy is a precursor to modern Reflexology. It began as a way of using pressure to control pain, but its application soon grew to treat causes and conditions of ailments as well.



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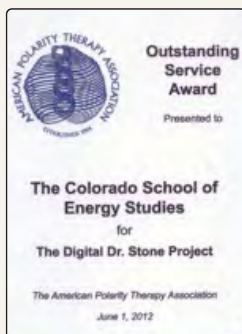
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The Purpose of the Postures & Why They Work

until this phase of planetary aspect changes. Then we can act and breathe again.

As long as an individual has not found his own center and Sun of Reality within, around which his life revolves, he is necessarily dependent on these outer forces to move him along like a leaf blown in the wind. We live either by an inner faith or are guided by outer circumstances. Which is our path and on what do we depend as our guiding star?

The forces outside are as impartial as the wind which blows. They affect us by the same vibratory energy waves which are latent within us and to which we respond. There are definite centers within us which correspond to certain centers in the universe. Like the air we breathe, radionic action of finer energies in the universe sustains our physical body. We have a definite relationship to these forces, but no control over them externally.

The amount of air taken into our body is governed by the act of breathing and the absorption of the oxygen and the energy in it. The finer energy circuits are also governed by centers and fields in our body which can be conditioned and positioned for energy flow from *our centers within*, when the without is not favorable. Primitive man had to endure the hardships of Nature, such as cold, heat, etc., as he had no means of complete isolation from without and very little means of duplicating these forces by reliable heat, ventilation, etc. In this age, that problem has been solved, but the other remains and leaves us as much a victim to outer forces in the finer energy fields as the cave man was to Nature's forces outside.

Man is a unit with a central sun and energy fields within himself in exact duplicate of the without, or he could not communicate and draw on the universal supplies needed to sustain the life in this body. Food, clothing and shelter are material things; but it is really the finer energies within these material things which we need the most!

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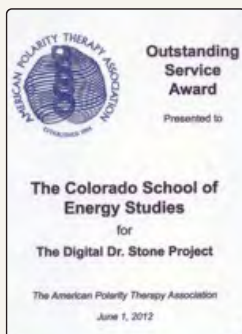
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17 - The House We Live In & Its Function

"If we could only stand aside and see this grand Cinema of life in its Reality, we would become a most absorbed observer, in astonishment over the wonders that have been created for our use. We would then become the witness and the viewer instead of the idea that we are the doer. If we could do this, our 'toil would cease, our yoke would be easy and our burden light.'^[1] Then faith and love would rule."

The greatest mystery in the universe is man himself. Many forces and energies are at work in the body. Both wireless and conducted circuits (via nerves and tubes) carry on the wonderful work of the Creator in the human body. The human form is truly wonderfully made and maintained. The problem of how to keep it fit and useful for the longest period of service is an interesting one.

Our body is like the house we live in; when the electric currents are on, then light and heat are available. When the water pipes are in good shape and water is pumped through them by pressure, then all the fluid requirements are solved. When the gas is turned on, then cooking and gas heating are possible. And when the drainage is not obstructed, then the sewers do not back up and no regurgitation of drainage is pocketed in any part of the basement.

These are the functioning parts of our house, within its structure. A well built and well kept house will stand much strain and wear from daily use as well as from the elements. Such a house can be a very comfortable home for the persons living in it if they run and maintain it wisely. If something

¹ Matthew 11:30



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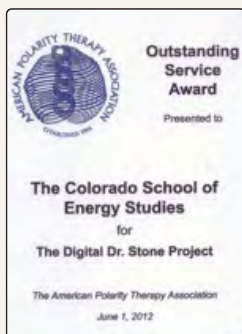
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18 - The Airy Principle as a Triune Function in the Body

"Never force anything, physically or mentally!"

Life begins with breath. With a cry the babe enters this world, and the aged leave it with a sigh. The airy principle in Nature is the most important in life's function. Not even one cell can live without air, much less function without it.

The air is a neuter [neutral] principle in Nature and links man's respiratory life essence with its own by constant exchange of inhalations and exhalations - centripetal and centrifugal action - a positive and a negative flow. And on what does this exchange depend? On the positive factor of forceful breathing? Not nearly as much as we think! The elimination of the negative factor of carbon dioxide in the blood and tissues, as well as other waste gases, is the final answer to this circuit of inhalation and expulsion of all gases which clog and block the cells of the body. *Oxygen cannot be taken up by the blood in the presence of carbon dioxide or other waste gases in the blood.* The presence of one real gas bubble in the circulation can be serious; and diffused gases will not permit oxidation in the tissues, except in the lungs which have a special arrangement for the escape of carbon dioxide gases through the very thin membranes of the lung tissues.

Stagnant waste gases are often absorbed by the thin layers of the endoderm, or lining in the bowels, especially in the colon, because in the arrangement of fields in the body, the colon is the neuter [neutral] pole for the airy principle, where the gases

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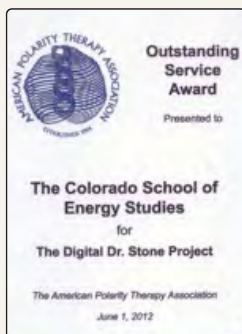
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The Airy Principle as a Triune Function in the Body

relaxation and well-being. It gives the most results for the thing which nearly everybody needs - freeing of gases and supplying more air and oxidation for the body. For the minimum of time and effort spent for health, none can equal it in results. It has even deeper values for higher benefits not touched upon here. A few minutes spent each day for relief of gases and improved elasticity of muscles will be rewarded by better energy flow.

With the downward current active as the most negative function, namely elimination, all other functions are free to act without that drag of all the waste products of solids, liquids and gases in the tissues of the body. When even one bubble of air in a hot water or steam pipe can cause the whole system to pound like hammers and stop all circulation in an inanimate object, what must it be in a living organism! When the principle involved is once understood, the Easy Stretching Postures will come naturally as they are tried. Anyone may be convinced by the benefits derived from the exercises. But, in the beginning, it should be practiced for only two or three minutes at a time, *without forcing anything.*

Some may think that merely squatting when defecating is sufficient. But that is not enough. I have tried this posture for years in that manner without much gain or awakening of its importance as the quickest road to health and elasticity of muscles and balance of motion, until the posture was taken as an exercise and combined with the stretches illustrated in this book.^[1]

This springy step is possible by gentle perseverance only. Do not force! *Nature's way is gentle growth.* Gradual change marks her path everywhere. *When Nature moves suddenly, it is for destruction.* No wonder the ancients likened Nature's forces to angry gods who strike swiftly and powerfully!

¹ The benefits of squatting during defecation are only now being explored by the scientific community. Cultures that squat have almost nonexistent cases of intestinal disorders including hemorrhoids, diverticular disease, irritable bowel syndrome, and colon cancer. For decades, this was thought to be due to a high-fiber diet. However many recent studies, including a large-scale study published in 1999, show little to no correlation between a high-fiber diet and decreased colon cancer risks. It is coming to be believed that squatting may be the real cause of increased colon health in these populations.



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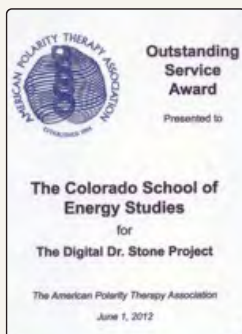
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Youth Posture for Balance & Elasticity

and tension. And again it is said, "A little child shall lead them."^[1] This can be literally applied. We all seek the freedom of the felicity of childhood and the naturalness of that way of Life. But we fail to adopt even one of the measures of exercise taken by the children of Life, whom we envy in their natural glee and radiance of Life's Energy Currents.

Happiness comes from within outward and rests in the love and security of the child in its dependence on its parents. As children of God, could not grown-ups have the same faith and love toward their Creator? The simplicity of Life as seen in children eliminates mental conditioning. Life has its own path and it is not that of the mind and its calculations. Faith, hope, love and humility are spiritual qualities and are not products of our mind but rather are a heritage of the soul, the great gifts of eternal verity from the all-beneficent Creator.

Possessions and toys are but occupations for the mind and its exercise, *which do not add one iota to the lasting happiness of children or grown-ups*. When a child is hungry or wants love, help or attention, it leaves all its toys and runs to mother or father. Could not all the grown-ups in this "Kindergarten of Life" adopt the same procedure of natural, soulful living, regardless of creeds? Is there any religion which does not advocate the practice of simple spiritual principles in daily life? Since health is a natural sequence of a balanced life, it cannot be neglected if we wish to be free and enjoy life to the fullest as real children of God.

There are a few things which *we ourselves must do daily to keep in tune with Life and its waves of radiance*, broadcasting from centers within our being and from the cosmos outside. If our mind energy and attention are too much occupied with toys and outer things which change daily, then we lose that fine touch with our inner Life and its loving care and radiance gained by "dwelling under the wings of the Almighty."^[2] Therefore, all grown-ups should consciously walk with God every hour and with every breath, *and all will be given unto them*. The mind becomes harsh and dominant *when we forget*

¹ Isaiah 11:6

² Psalm 91:1



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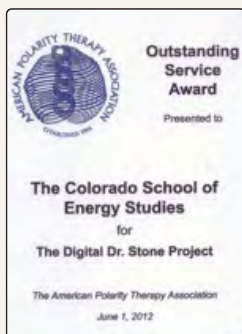
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22 - A Self-Help Series of Postures for Special Conditions

"Ninety per cent of pain is emotional. Imagination is our worst enemy. There is a spasm in the emotional field before the spasm in the spine and the body."

The normalizing posture illustrated in [figure 5](#) can be used as a correction for flat dorsal [thoracic] spines. It is the same as the posture shown in [figure 4](#) with the exception that the hands are placed on the back of the head for a *mild stretch of the entire spine*, from top to bottom. A gentle forward-and-backward rocking motion is indicated by the arrows. A deep breath is taken and used as a stretch from within, directed to anyone portion of the spine at one time, then released with a healthy grunt.

The hands may be placed on any area from the neck to the top of the head, to bring out a greater curve and stretch on the spine wherever it is needed. *The pull must be very gentle*, as we are working with great leverage here. A gentle physical stretch, a stretch from within by the use of the breath, and a rocking motion are the main factors in this posture.

This posture stretch, for example, frees muscle tension and energy blocks from the heart area, where anterior vertebral positions of the spine often interfere with its function. Spinal checks have proved this to be the case in many instances. A protruding chest often indicates an anterior curve

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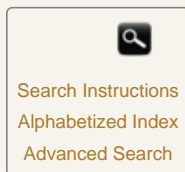
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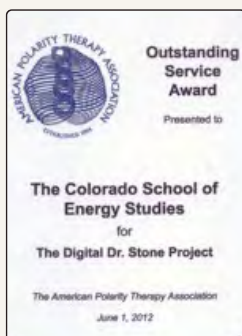
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Explanation of [Chart No. 13](#)

FIGURE 2 represents a muscle release of the positive and negative poles of the breathing mechanism. The shoulder muscles and the brachial plexus form the positive pole and the hip muscles constitute the negative pole of this function. The muscles around the great trochanter [greater trochanter] are related to the muscles of the shoulder joint and to the back of the neck. Pelvic muscles support the respiratory action. The crura of the diaphragm and their lumbar relation to the psoas and iliacus muscles are another connection here by their insertion into the lesser trochanter of the femur.

Ropy muscles around the hip joint and around the shoulder joint are factors in inhibited respiration. The fascia lata on the outside of the thighs are digestive reflex areas and have their upper pole in the posterior and lateral neck muscles.

These two simple contacts can balance both polarity fields and release structural inhibition to the respiratory mechanism. Excellent results are also obtained by the cross-over polarity currents. The left hand contacts the opposite shoulder and holds firmly, or gently manipulates the trapezius and other shoulder muscles and contractions. The hip contact remains the same. If the glutei muscles are too hard and ropy in corpulent patients, the elbow contact can be used over the tensest fibers, in connection with either shoulder contact.

These polarity releases constitute valuable therapy in respiratory and digestive conditions.

FIGURE 1 shows a bilateral contact of the left hand over the lower portion of the neck, with a rhythmically timed hand motion up and down, and a squeeze of the fingers and thumb, synchronized with the patient's inhalations and exhalations.

This stimulates the diaphragm because the contacts are over the brachial plexus and the phrenic nerves. The object of the rhythmic motion is to tone the impulses of respiration with this center and the heart action. The contacts are gentle and light.

The right hand is placed lightly over the mid dorsal [thoracic] region - with the thumb and its cushion resting on the spinous process of the fourth, fifth, sixth and seventh dorsal [thoracic] vertebrae [T4, T5, T6, T7], which are usually tender in acute conditions. This is a polarity contact and it is held steady, as the mere weight of the hand, by taking the slack out of the skin in a headward direction as the contact is taken, simply rests there in that position. Being a positive contact, it polarizes with the negative active one above.

In this manner a balance is established between the respiratory rhythm and hypersensitive cerebrospinal fluid action of the pattern energy of the mind which operates here and sends directive impulses all over the body.

Respiration cycles and the cerebrospinal fluid have a peculiar hidden sequence, which had not yet been brought to light and reason in therapeutic applications. In illness, the heart beat may be out of all proportion to the respiration, and out of balance as tone in the blood vessels, revealed by the blood pressure.

The mystery of this triune relationship in health and disease is a great physiological problem. In order to understand the sequences of relationships involved here, a psycho-physiological viewpoint and explanation are

necessary, reiterated and summarized as follows:

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CHART NO.13. FIG.1. RELEASE OF PATTERN ENERGY
BLOCKS IN THE CEREBRO-SPINAL FLUID.
FIG.2. STRUCTURAL BIPOLAR RELEASE OF RESPIRATORY
MUSCLES.

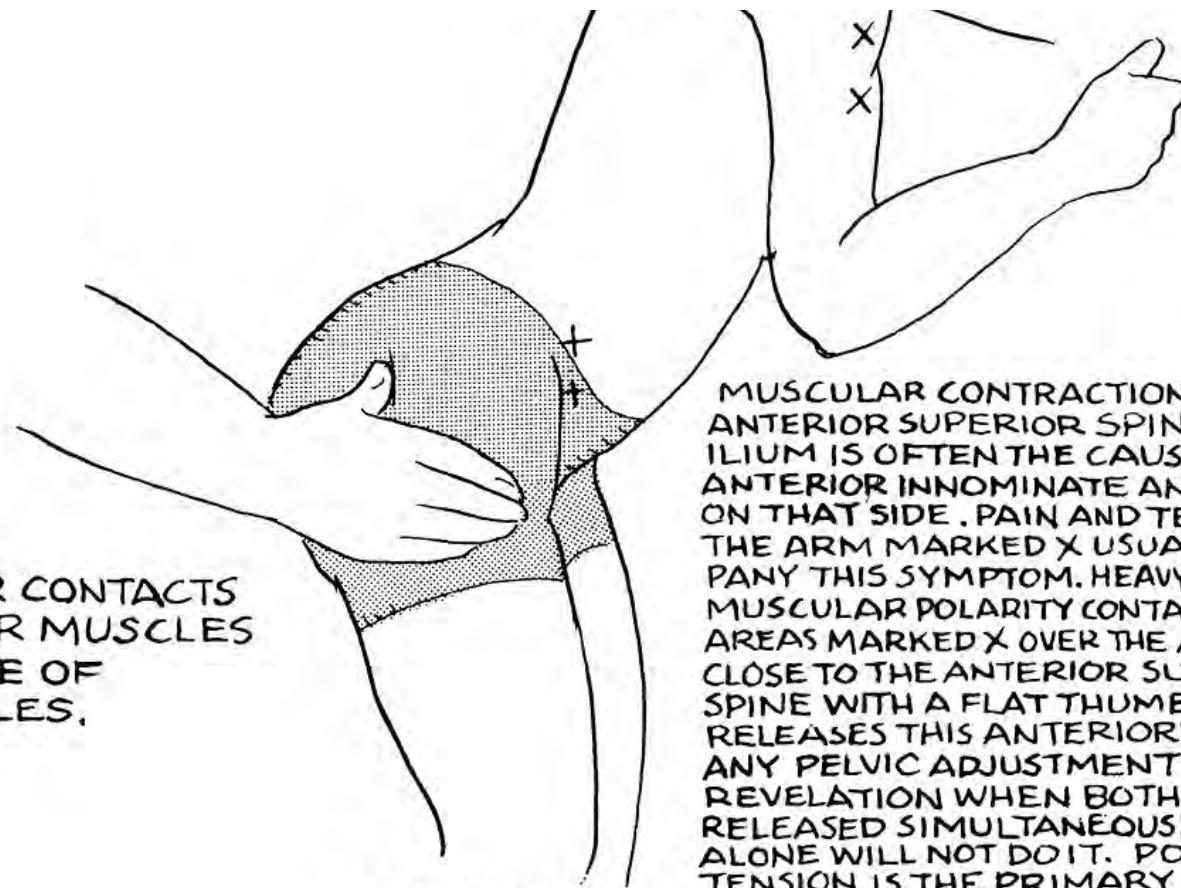


Fig. 1

A RHYTHMIC STIMULATING DOUBLE CONTACT
OVER THE BRACHIAL PLEXUS AND PHRENIC
NERVES FOR DIAPHRAGMATIC RESPONSE.
ALSO A LIGHT STEADY CONTACT IN AN
UPWARD DIRECTION OVER THE SPINOUS
PROCESSES OF THE 4-5-6 AND 7TH
DORSAL VERTABRAE WITH THE
CUSHION AND THUMB OF THE
RIGHT HAND TO RELEASE AND
CONDUCT THE VITAL THROBBING
PULSATING BREATH PATTERN
ENERGY OF MIND SUBSTANCE
ACTIVE IN THE CEREBRO-
SPINAL FLUID.



STRUCTURAL BIPOLAR CONTACTS
ON HIP AND SHOULDER MUSCLES
FOR TENSION RELEASE OF
RESPIRATORY MUSCLES.



MUSCULAR CONTRACTION OVER THE
ANTERIOR SUPERIOR SPINE OF THE
ILIUM IS OFTEN THE CAUSE OF THE
ANTERIOR INNOMINATE AND SACRUM
ON THAT SIDE. PAIN AND TENSION OVER
THE ARM MARKED X USUALLY ACCOM-
PANY THIS SYMPTOM. HEAVY INHIBITING
MUSCULAR POLARITY CONTACTS ON BOTH
AREAS MARKED X OVER THE ARM AND
CLOSE TO THE ANTERIOR SUPERIOR
SPINE WITH A FLAT THUMB CONTACT
RELEASES THIS ANTERIORITY WITHOUT
ANY PELVIC ADJUSTMENT. IT IS A
REVELATION WHEN BOTH AREAS ARE
RELEASED SIMULTANEOUSLY. ONE
ALONE WILL NOT DO IT. POLARITY
TENSION IS THE PRIMARY IMPULSE

BEHIND MUSCULAR TENSION WHICH CAUSES ROTATION
AND SPINAL DISTORTIONS. THIS POLARITY RELEASE IS
DONE BEST WITH THE PATIENT ON THE BACK.



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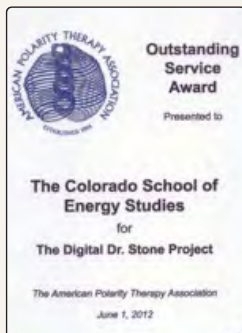
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Chart No. 1: The Vital Creative Flame

Vita-life is symbolized as a radiant flame of energy which is the heart and core of every living thing. Its Source is in higher regions of energy, as its vibratory intensity indicates. It is the warmth of life in the blood of all animated existence. Even in vegetation, it is the sap of life which ascends from the roots of the tree upward to the branches and the leaves.

The vital flame is the expression of life in all forms of creation as animated function and motion. Without this mysterious flame there would be no living things on earth. It is also called the Sacred Flame because all life is a gift from God. It is beyond the ken of the mortal mind. It is the Master Builder of forms as temples for souls incarnating in this world. It sustains us and by it we live and move and have our being; but we know it not. Neither do we understand it nor its mode of motion in our body and in our being. It is so close to us that we have no real perspective of it. We all seek more of Vitality and a longer life, but this sacred gift remains a mystery just the same.

In health we nurse it and cherish it. In illness we seek outside remedies to balance it and to sustain its function. However we look at the problem, it is the very same life expressed in herbs or vegetation, in a special chemical quality by which we seek to aid the vital energy in our body to establish or re-establish its equilibrium and normal function. Vital balance is the secret of life and health. It is the 'Eldorado'^[1] which we seek when we are ill.

The functions of our body are many, but Vitality is one as the prime mover of them all. We seek to aid these functions by means of chemistry, vitamins, enzymes, hormones [hormones], endocrines, etc. All means are geared to one idea; namely, to aid this vital energy and bring offerings to its altar of life so that it may accept them and carry on the lagging function in our body.

What will a man give for his life? The real question involved in illness is what can man give to life? Will life accept anything? Will it act upon it? Will it use it? Can it benefit by it? Has the house of life become a beggar all at once, and the Giver of all an empty shrine of the Sacred Flame? What can be done? is the cry in every illness, in mental and emotional distress and imbalance. We have tried this and that, and the results are sad.

Really, what has gone wrong with this lusty life in our body, the springy step, the light in the eyes and the song in our hearts? Has the flame of life receded so far because of

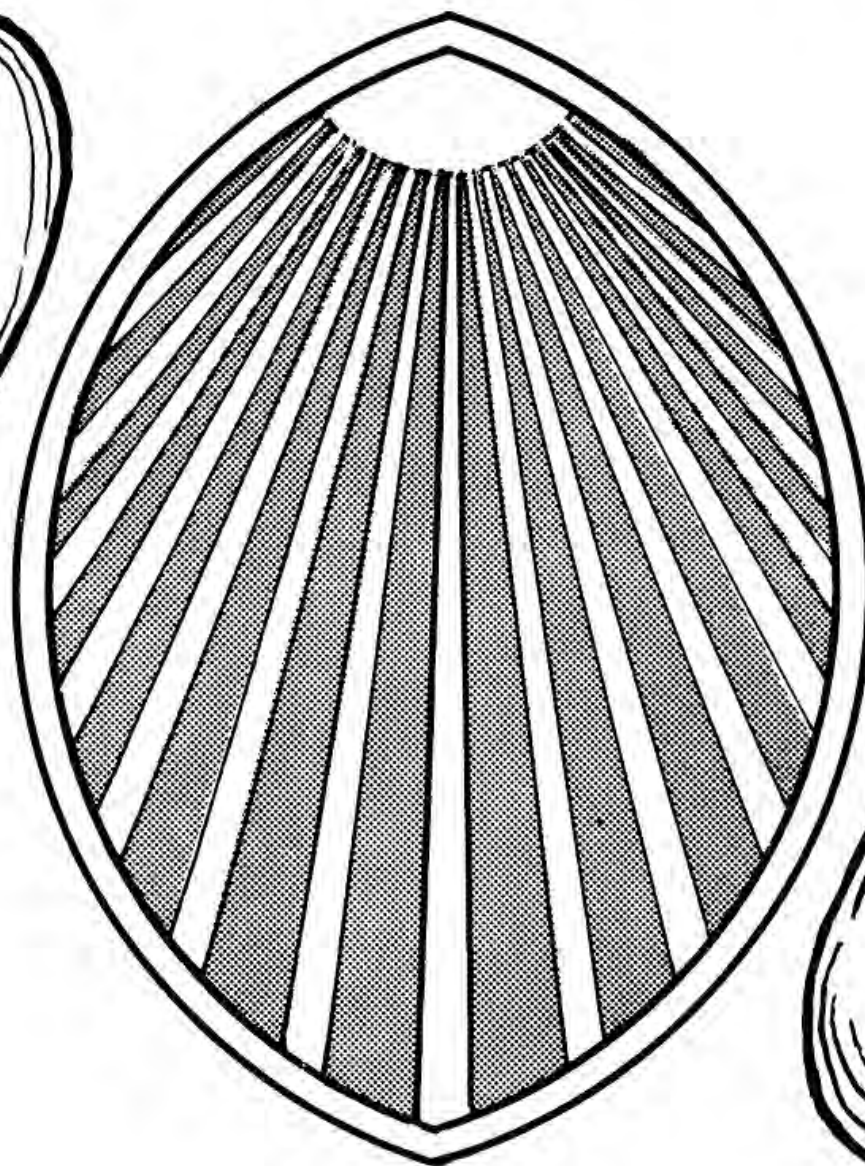
¹ Eldorado, or El Dorado, is a legendary city of gold thought to be somewhere in the Amazon Basin in South America.

CHART N^o.1

THE VITAL CREATIVE FLAME



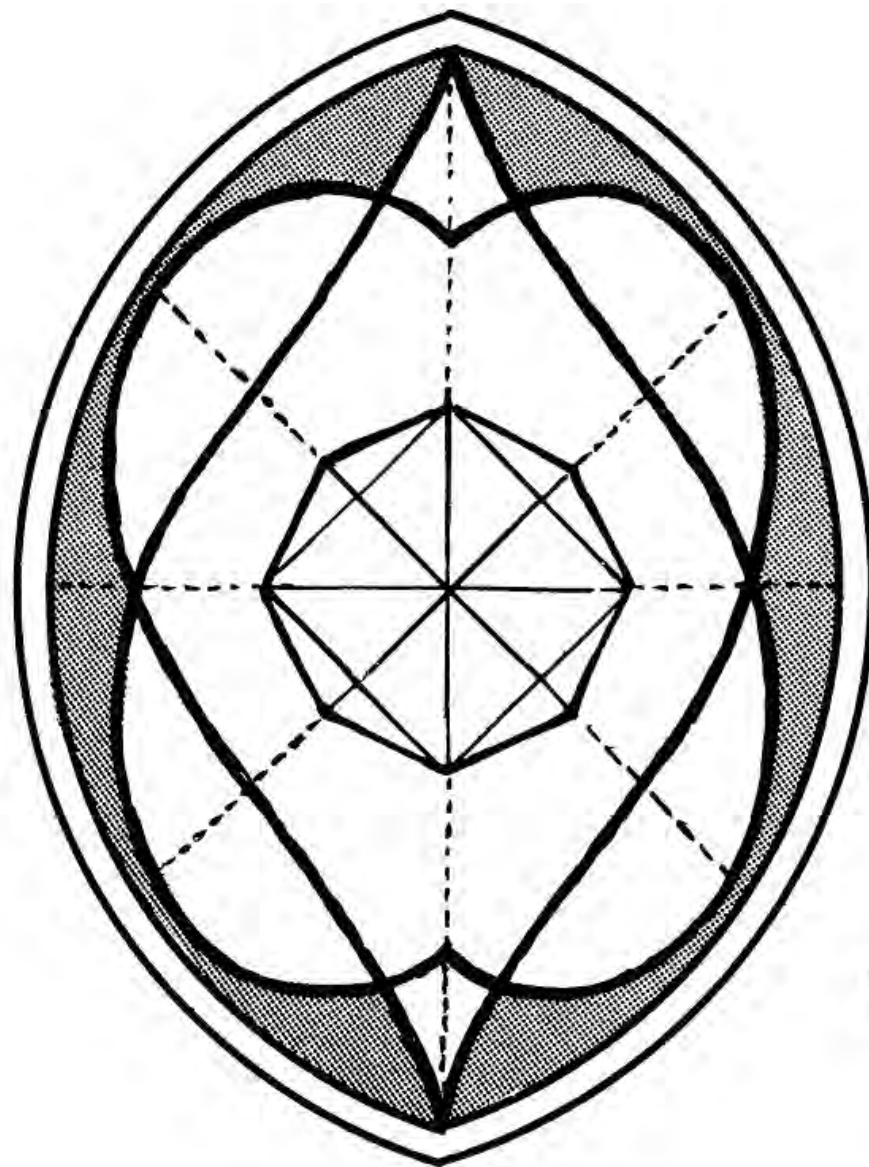
DOWNWARD
FLAME



UPWARD
FLAME



THE
DIAMOND
SOUL



THE BALANCED
VITAL FLAME
WITH THE JEWEL
OF SOUND IN
THE CENTER



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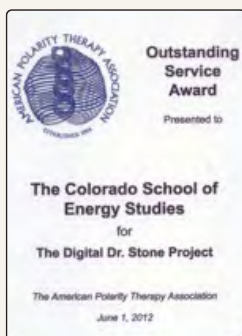
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Chart No. 8

[See [Book 1, Chart 8](#)]

proceed from a higher vibratory cause or center to the circumference, or lower center. They descend and become evident because that is the path of the energy current flow which built the body and which sustains it and heals it.

Should we not follow the paths which Nature has built in the body (like our highways in the world) for its own ENERGY CIRCUIT TRAVEL? Doesn't Nature or Life operate by other paths than chemistry and mechanics? Are these the side roads or are they the HIGHWAY OF LIFE?

GANGLION OF IMPAR RELEASE: With the patient lying face downward, contacts - deep on each side of the coccyx above line A - are mostly for the purpose of releasing muscle stagnation or lumps in the glutei. The purpose of this treatment is for the release of the ganglion of impar impulses to the pelvic region. The blocks of muscular density and the lumps indicate stagnation in that area and prevent this current flow. This obstruction interferes with the balance of energy of the sympathetic currents, through the ganglion of impar, with the cerebrospinal currents to the pelvis and muscle tissues.

TREATMENT: The contact can be made on the outside, deep, along side of the coccyx, with one finger. The thumb of the other hand, usually the left, opposes the lift through the muscles on the back, near the coccyx and the sacral apex.

Many times lumps will be found in this muscular tissue, between the two contacts illustrated above line A in [Chart No.8](#). Releasing the lumps and tension with moderate pressure between the contacts or with gentle, slow motion, relieves many pelvic stagnations and pains. This treatment is very effective in relieving MENSTRUAL CRAMPS, LUMBAGO, LEG PAINS, COCCYGEAL SORENESS, MUSCLE PULL WHICH CAUSES DISTORTIONS, ETC.

In LUMBAGO pains, treatment through the rectum also helps to release deeper, inner pelvic muscle spasms, when correctly contacted and held for release.

The profound reflexes which can be elicited here by means of deep contacts with corresponding holds at the positive pole above, or at the negative poles below, are amazing.

By lifting the leg and stretching the anterior ligaments and muscles under slight tension - the patient lying face downward - sacral reflexes are produced.



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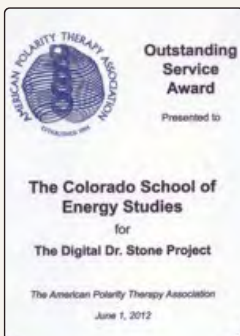
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Chart No. 8

[See [Book 1, Chart 8](#)]

INNOMINATE [hip] ROTATIONS can also be corrected and their tension released by holding the ankle contacts and rotating the foot in or out (whichever is indicated), with legs flexed. This move is illustrated in Charts [19](#) and [21](#) in "WIRELESS ANATOMY".

In all cases of ANTERIORITY OF THE LUMBAR VERTEBRAE AND SACRAL BASE, pillows or a bolster should be placed under the patient's abdomen while patient is lying face-down. In this way the anterior sacral base and the fifth lumbar [L5] are supported for correction by leverage on the apex and by means of leg flexion.

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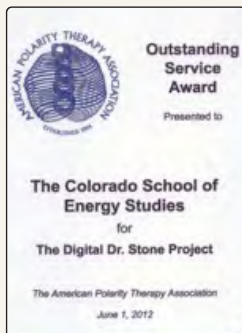
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Chart No. 2: Structural Balance

This chart portrays the geometric relationship of the entire spinal column, as well as the two head bones, with the coccyx and the sacrum. The correlation of the upper five cervical vertebrae [C1, C2, C3, C4, C5] with the five lumbar vertebrae [L1, L2, L3, L4, L5] for the purpose of adjustment is not new. Also the occiput and the sacral association was well figured out and tested by Dr. Major DeJarnette^[1] many years ago. But the relationship of the SPHENOID BONE WITH THE COCCYX is a NEW ADDITION to the group, as well as that of the 6th and 7th cervicals [C6, C7] with the 12th and 11th dorsal [thoracic] vertebrae [T12, T11]. The correlation of the 1st [T1] and the 10th [T10] dorsal [thoracic] is also an additional new viewpoint for consideration and proof by tests.

Geometric proportion and relationship is the basis for every one of the correspondences given here, FOR STRUCTURAL CORRECTION by means of POLARITY application, without adjusting.

A firm contact is made on the sorest area of the vertebra above, on one side or on both sides, with a double contact and held with the same contact below with the other hand, on the exact corresponding vertebra shown in this chart. In case of lack of tone a stimulating [rajas, moving, rocking] contact is used. (See [Chart No. 15](#))

THE FUNCTIONAL EFFECT IS EVEN GREATER THAN THE STRUCTURAL RESPONSE! It is amazing what can be done with it even while sitting on an ordinary kitchen chair when making the contacts. The neck relaxes and the digestion responds at once by eructations [belches] and by relief of soreness and tension in digestive conditions.

Forty five years ago we were taught to twist the body and adjust the vertebrae by force, while sitting up in this position. That theory was based upon bony position and nerve pressure rather than VITAL ENERGY RESPONSE through the subtle connection of wireless waves which built the five senses and the five fields in the body.

These vital relationships of POLARITY ENERGY fields and end polarity correlation through the geometric poles of current end areas as Superior, Middle and Inferior, were not even suspected. Nor were the five fields and functions distinguished or classified thus, through a vital process of relationship of waves from the center to the circumference WHERE THE CENTER COULD BE INFLUENCED THROUGH EXTERNAL BALANCE ESTABLISHED BETWEEN TWO POLES.

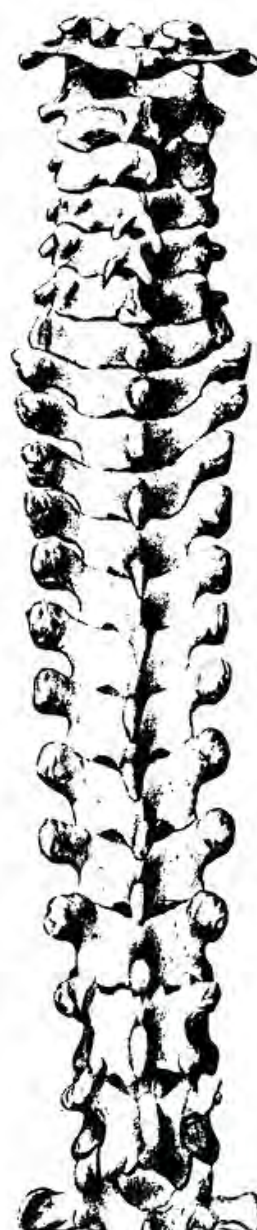
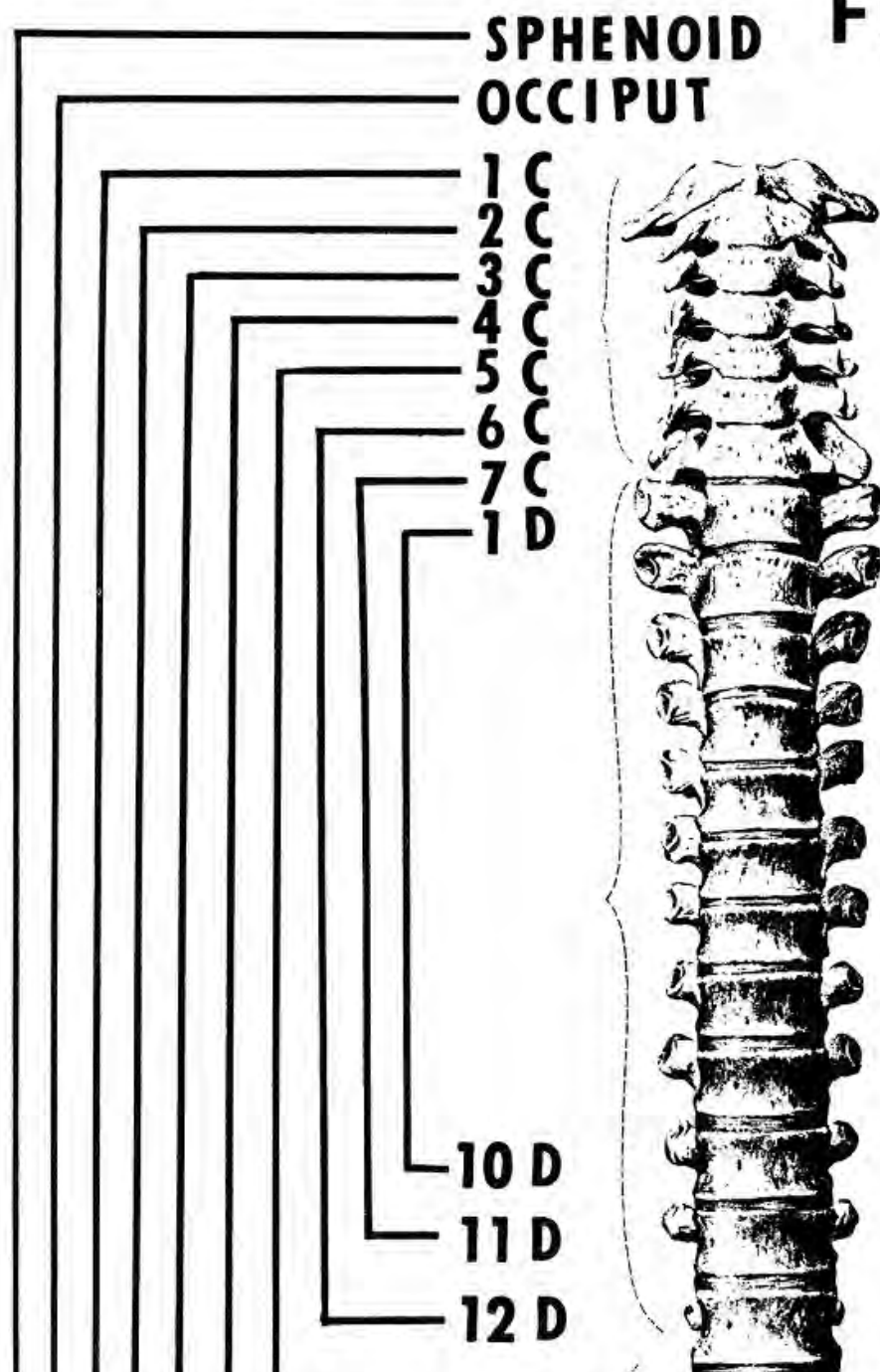
In nerve tracing or as nerve currents, yes, that has been well covered. BUT UPON THE BASIS OF FUNCTIONAL ENERGY RELATIONSHIP, through solids, liquids, gases and heat, as a kind of wave length without wires, that still seems difficult for most people

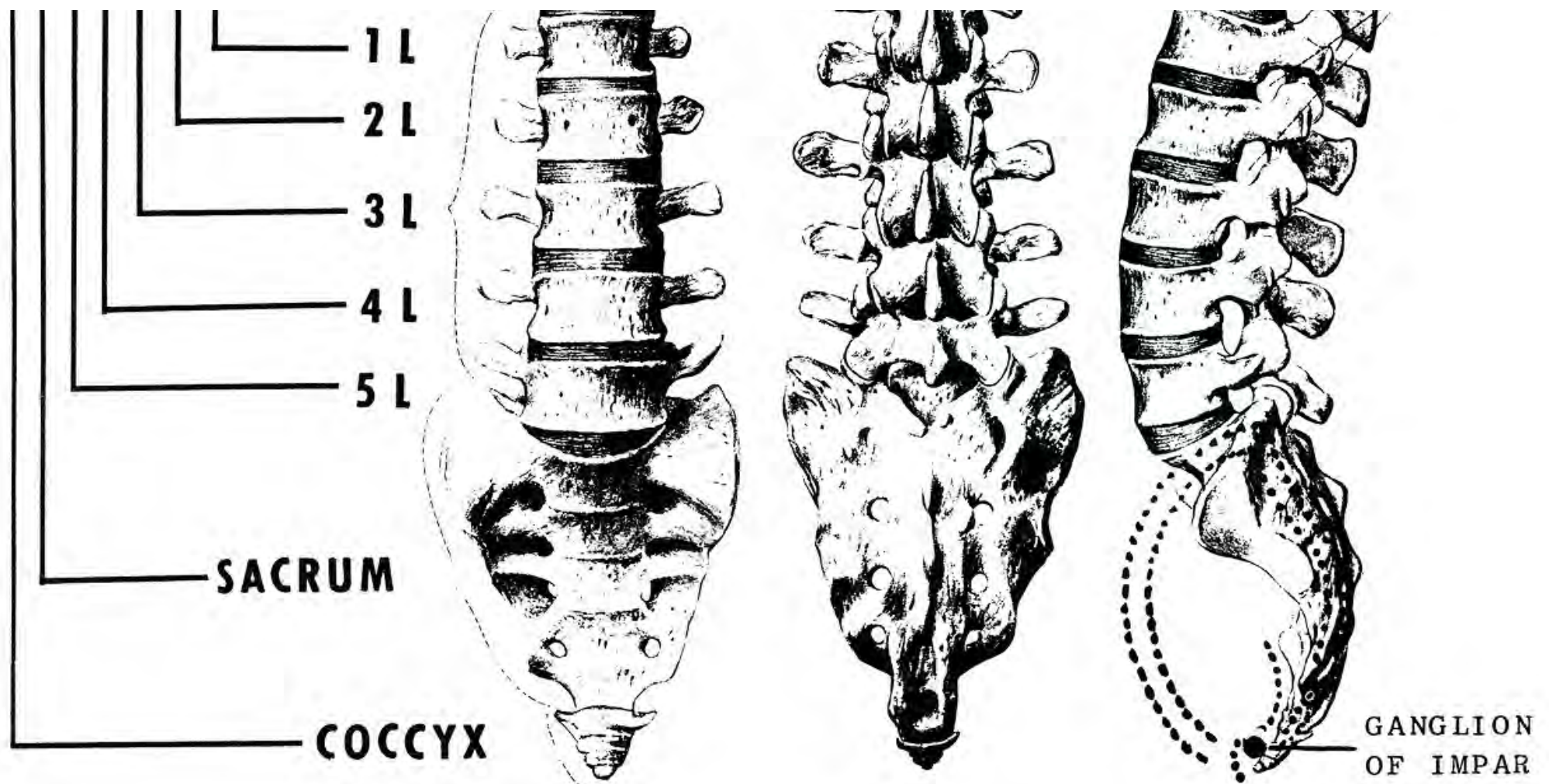
¹ Major B. DeJarnette (1899-19920), an American chiropractic doctor who developed the Sacro Occipital Technique (SOT) for chiropractors. "Major" is his given name, not a military title of rank.

CHART N^o.2

STRUCTURAL BALANCE FUNCTIONAL CONTACTS

As above, so below





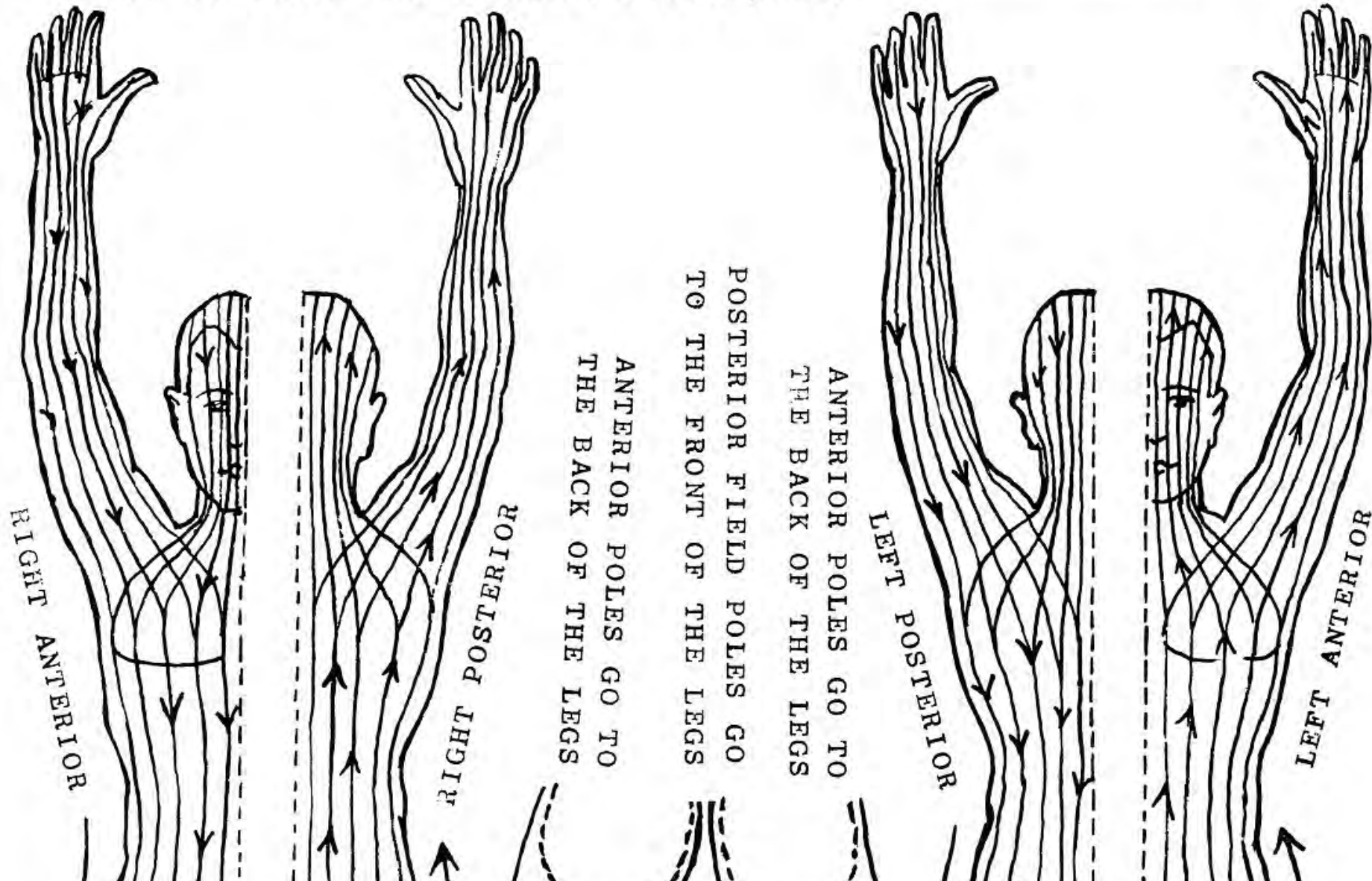
Energy impulses flow downward and outward. Sensory and structural reflexes flow upward and inward. The geometric proportion of two ends depends on POLARITY CURRENTS for balance between them and with gravity outside. GRAVITY IS BUT THE MIRROR TO SHOW POLARITY DISTORTIONS.

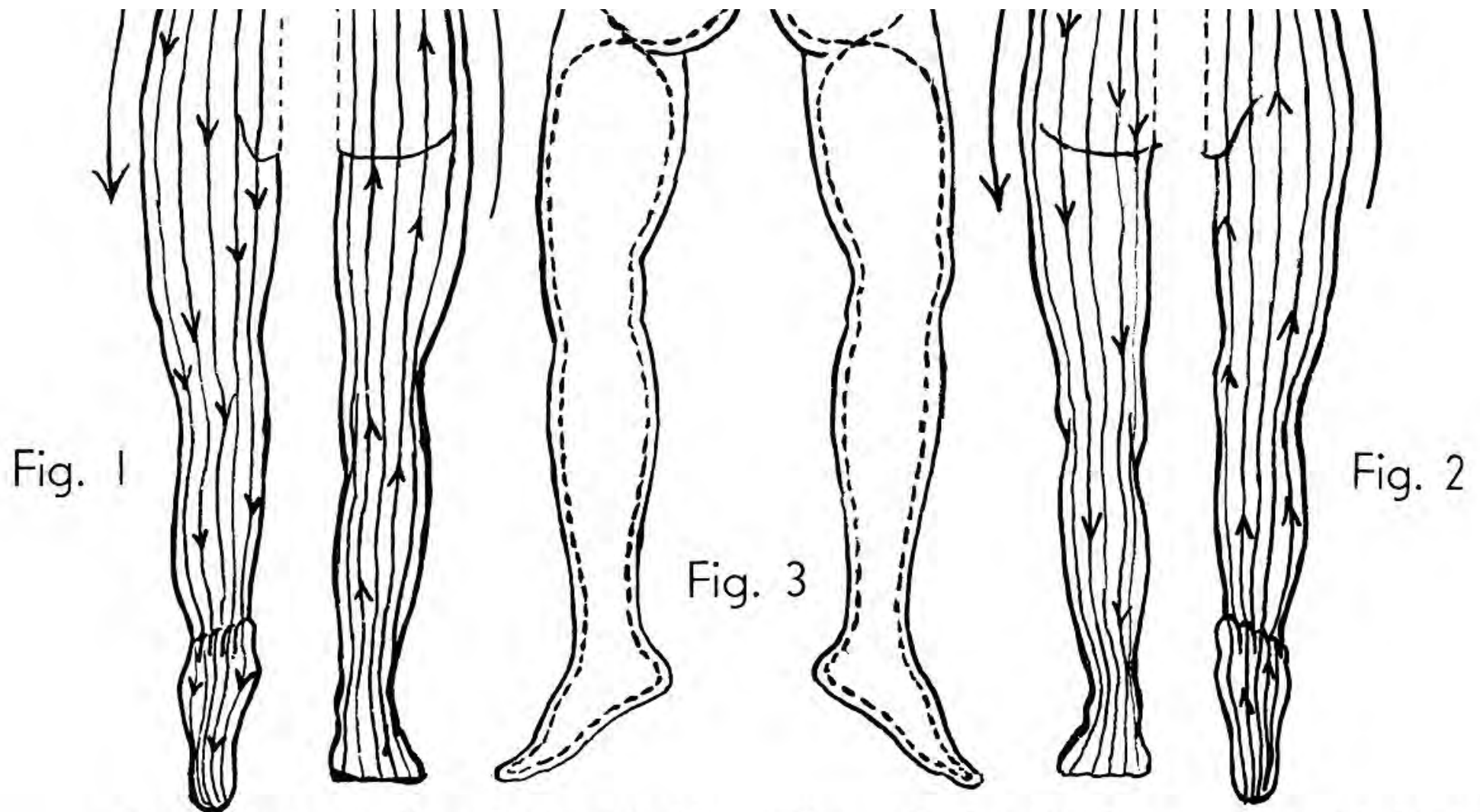
Dotted lines are contact points for PELVIC THERAPY, for PROSTATE, BLADDER, UTERUS AND LOWER BACK PAINS. (See CHART NO. 8 on page 81 and pages 82, 83 and 84 in Book I.)

CHART N^o.3

ENERGY CIRCUITS

Two circuits, in opposite directions, make a gyroscope of balance in the body. They are waves of electromagnetic surface tension lines. There are five sensory and five motor energy currents to which these lines correspond.





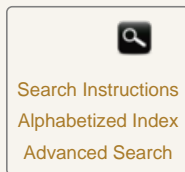
The soles of the feet and the palms of the hands correspond to the anterior part of the body in this position. The back of the hands and the top of the feet react on the posterior bony and muscular structures.

FIGURE 3 shows a change in Polarity Potential in the fields below the buttocks. The firm anterior thigh muscles and the femur laterally polarize with the body posteriorly. THIS DOES NOT CHANGE THE SURFACE LINES.



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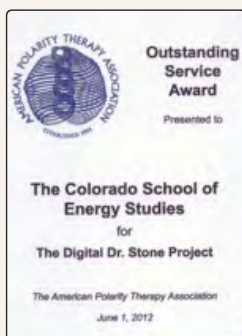
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Explanation of Charts [No. 3](#), [4](#) and [5](#)

Charts [No. 3](#), [4](#) and [5](#) in this book depict illustrations of additional details for better understanding of Charts [No. 3](#), [4](#), [5](#), [6](#), [7](#) and [8](#) shown in Book 2, "THE WIRELESS ANATOMY OF MAN".

Here [Chart No. 3](#) illustrates Energy Circuits for vital balance in bodily functions. The two circuits over the anterior and posterior parts of the body flow in opposite directions which actually make a gyroscopic balance of the two halves of the body. The currents are of an electromagnetic nature, like the surface tension field in the atom, plus a very high degree of sensory capacity. The arrows indicate the direction of the current flow on each side of the body - anterior and posterior.

The soles of the feet and the palms of the hands are anterior surface, sensory fields, as the softness of the tissues indicates, by its sensitive pads. Fingerprints and footprints show a definite line of patterns which are unique as sensory identification of that particular individual, whether young or old. Even babies have their identifying lines at birth, proving the existence of a pattern field and previous conditioning.

These living current areas divide the body into five zones or fields of receptivity, like the use of the five senses over the five fingers and toes on each side of the body, over which they actually flow. This is a vertical classification of areas of response of the five energy currents operating in the body. IT RELATES THE SURFACE TO THE CENTER, THE TOP TO THE BOTTOM, THE RIGHT TO THE LEFT AND THE FRONT TO THE BACK OF THE BODY BY ENERGY WAVES OF A HIGH SENSITIVE NATURE.

That is why the application of therapy according to the principle of POLARITY is so astonishingly effective. "As above, so below" is one way of vitality expression. "As within, so without" is another interpretation of energy circuits for the experience of life through sensation and action.

The central core and each oval region constantly radiate waves to the surface, and these flow inward, to the center, on a return circuit through the fields of the five senses, plus the surface area. These are unique in their representation of areas and energy response.

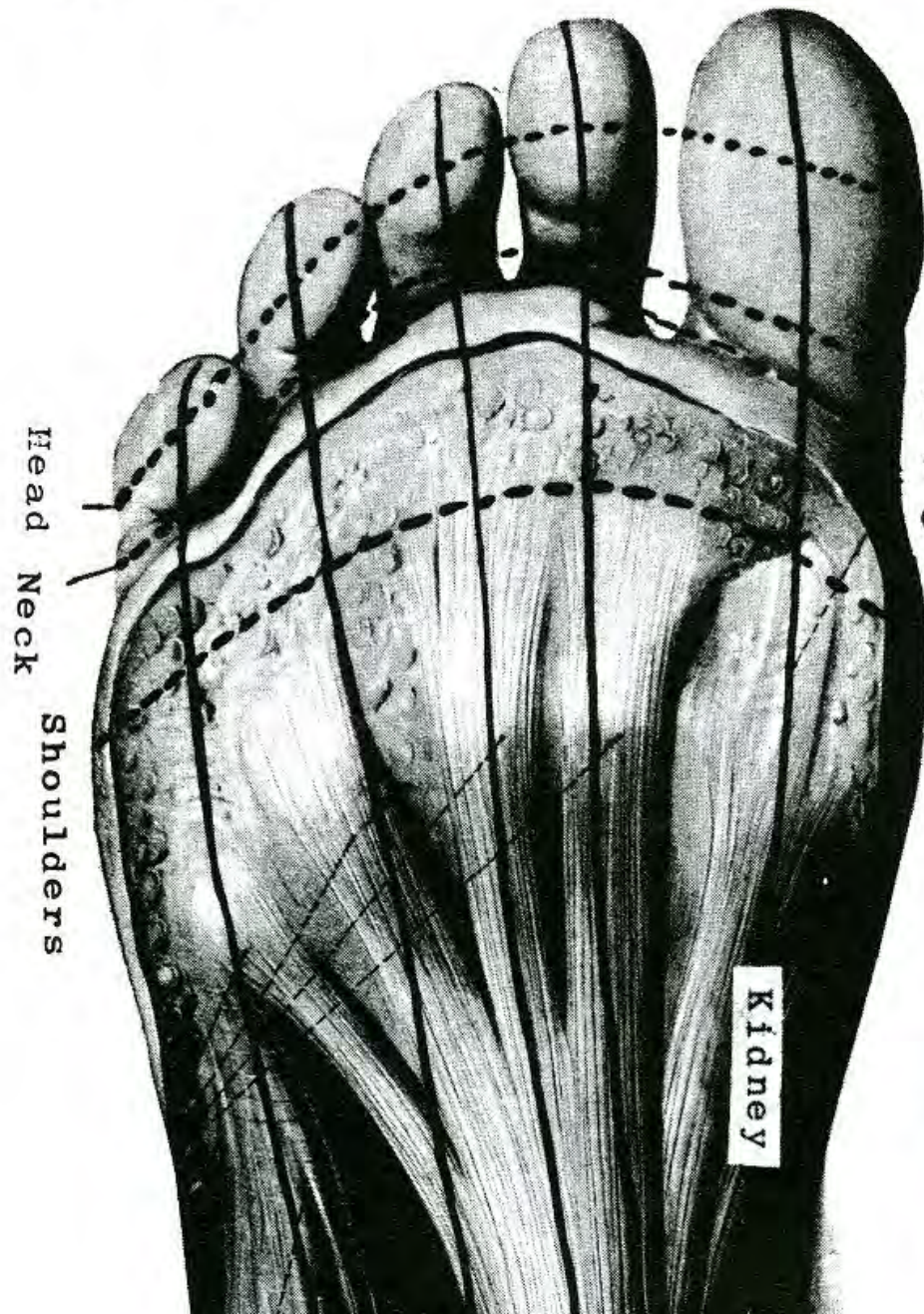
The deep structures and the central core have fields of their own which are illustrated in Charts [No. 1](#), [2](#) and [3](#) in Book 2. [Chart No. 3](#) combines the deep currents with a complete surface illustration. It is impossible to sketch the path of sensitive vital currents of mind and emotions. They are wireless and have

CHART No. 4

FOUNDATION CIRCUITS

FIG. 2 shows muscles and tendons which assist in posture conditioning and in functional responses through POLARITY stimulation. "As below, so above."

Structures rest on foundations which must yield to the total impulse in motion.



Throat
Thyroid
Goiter

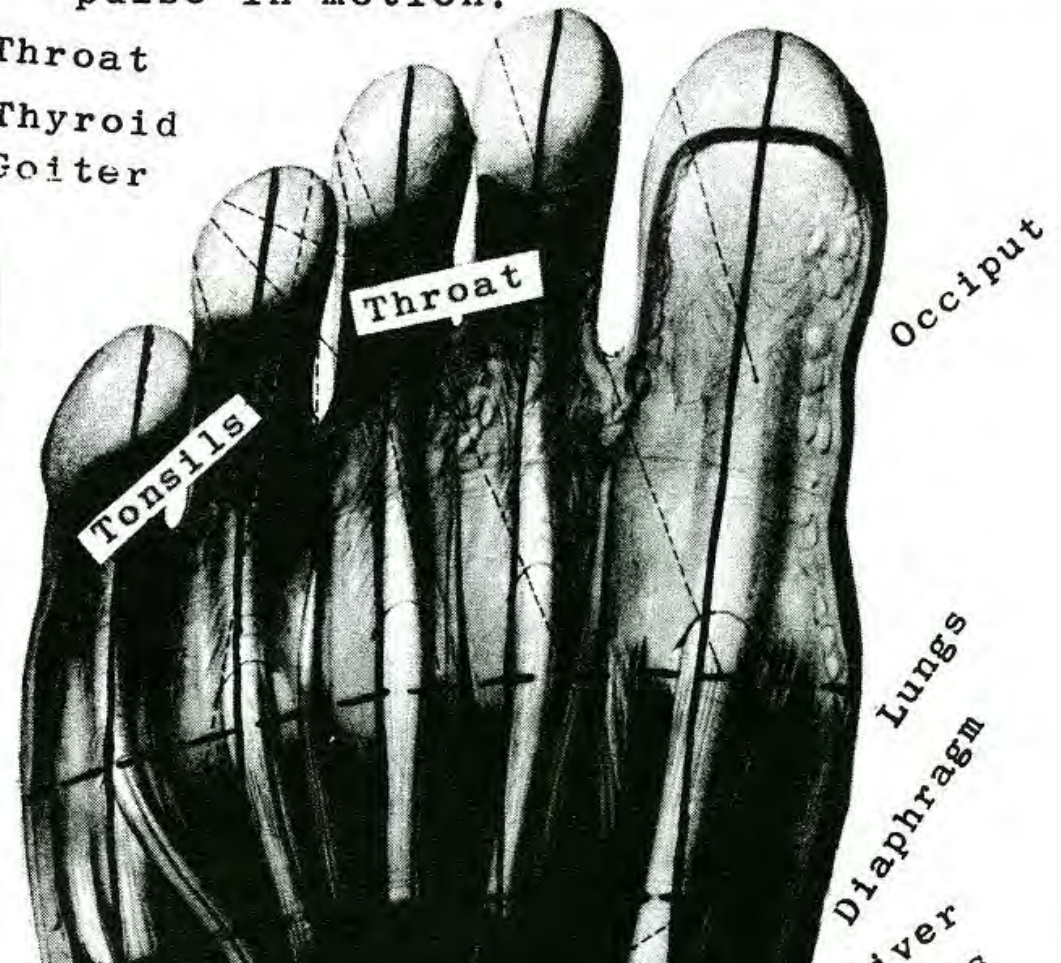


Fig. 1

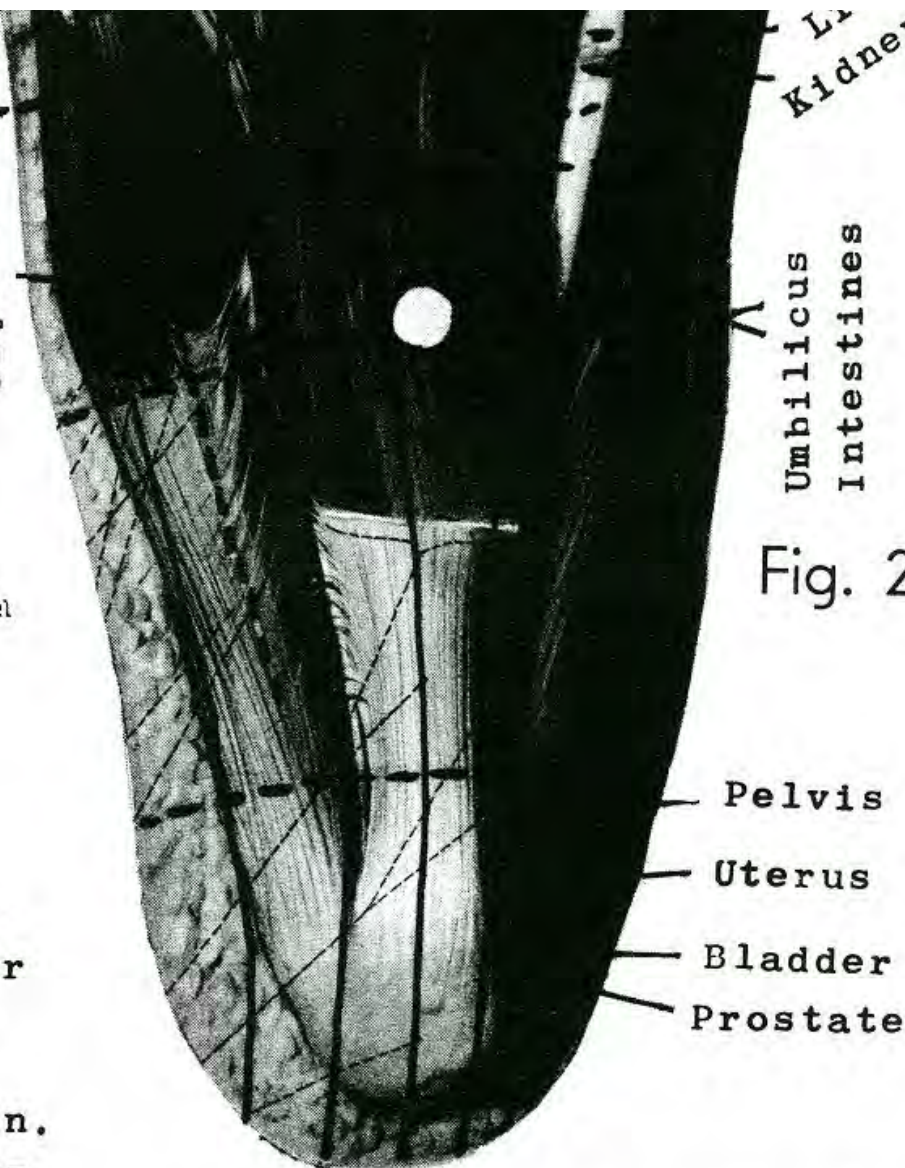


FIG. 1 shows the ligaments and connective tissue in their position for POLARITY response to influence the entire body posture. This is the foundation for structural correction. Elastic feet with a springy step indicate good vitality.

Kidneys

Umbilicus
Intestines

Fig. 2

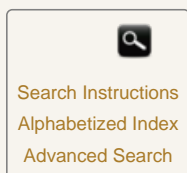


Body Centers found in the feet. Compare with chart No. 4 in "WIRELESS ANATOMY", Book 2.



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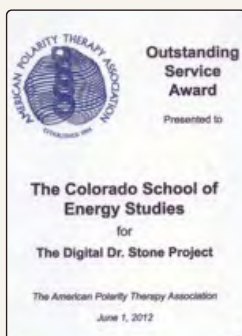
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Explanation of [Chart No. 4](#)

[Chart No. 4](#) is the reproduction of an anatomy chart of the right foot, to which identification marks and names have been added to link the VITAL ENERGY CURRENT as the main factor for BASIC, STRUCTURAL CORRECTION THROUGH THE SOLES OF THE FEET.

Figure 1 shows the ligaments and their fascia on the bottom of the right foot. If we can see the sweep of energy over this tissue, and its power of balance and control from the bottom up, we HAVE THE KEY TO STRUCTURE AND POSTURE AS WELL AS TO MANY POLES OF THE BODY, THROUGH THIS BASIC ROOT POLE.

No wonder man is constantly trying to balance himself by the springiness and elasticity in his feet! When this quality leaves and the feet become rigid, man is beginning to die slowly. Sore feet indicate chronic conditions in the body which are painful but not in a state of resolution until they reach the neuter [neutral] pole of the hands. Then the condition is acute. Stiff fingers and hands also indicate less energy flow through them, with loss of dexterity and skill, which makes them awkward [awkward] in action.

Stiff arches and feet denote a recession of the life energy from that pole. Thick, chalky nails also indicate the same and are not a good sign. VITALITY RECEDES WHEN THE DENSITY OF MATTER BECOMES TOO GREAT TO PENETRATE THROUGH IT. It is like the insulation to an electric current. Representative areas of the feet are also given in [Chart No.4](#) of Book 2.

Figure 2 shows the muscular tissue of the anatomy of the right foot, by which the foot exerts such powerful leverage and spring to lift the whole body. AND, TRULY, THE WHOLE BODY CAN BE REACHED AND BENEFITED THROUGH THE FEET! They are the negative, water pole [Yin¹], opposite to the fiery, head pole [Yang¹]. They are also the vital negative pole of the neuter [neutral] pelvic, generative pole. That is why it is so important to keep the feet alive, young and active, with a grip on the ground. The whole body is represented in the feet, the water energy [Yin¹], which goes deep and seeks out the foundations of things.

Vitality is expressed in limber feet and hands. Stiffness is tension and shows a decline of the vital current flow in both. Working on the foot alone does not give the best results in Vitality Balancing or in Polarity Therapy applications. Three poles MUST BE BALANCED WITH EACH OTHER in order to establish or re-establish the circuit of energy. Mere manipulation of sore areas and tender spots is not enough.

For years doctors of various schools have treated and adjusted the feet with a measure of results. BUT THE POLARITY PRINCIPLE

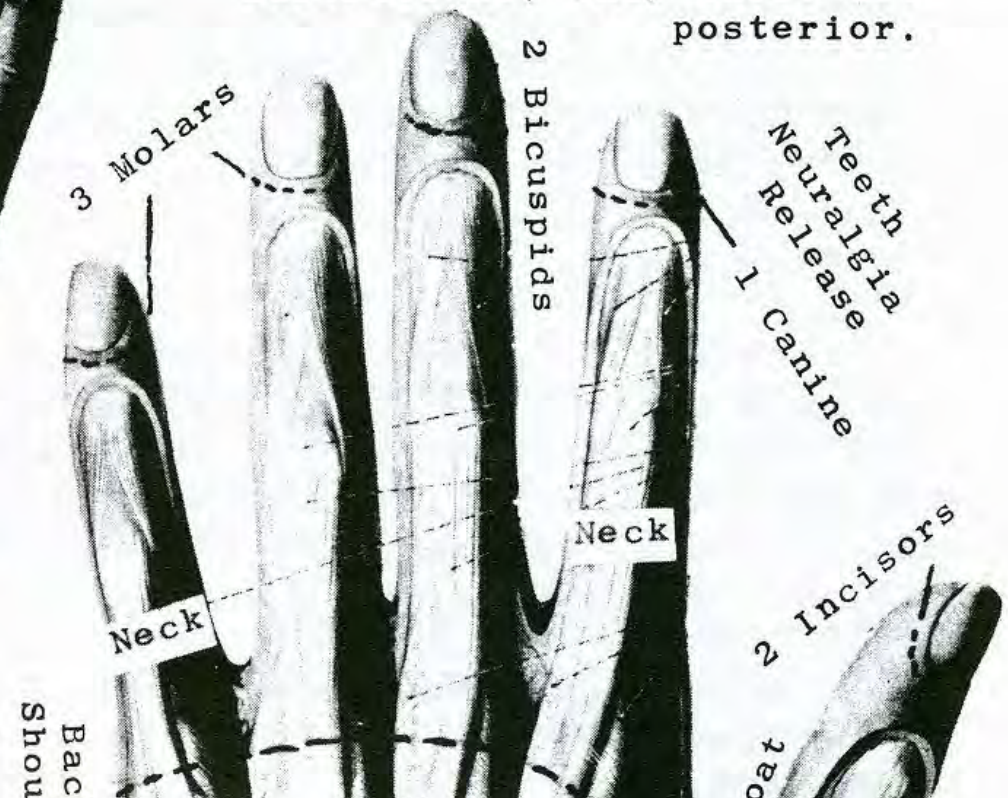
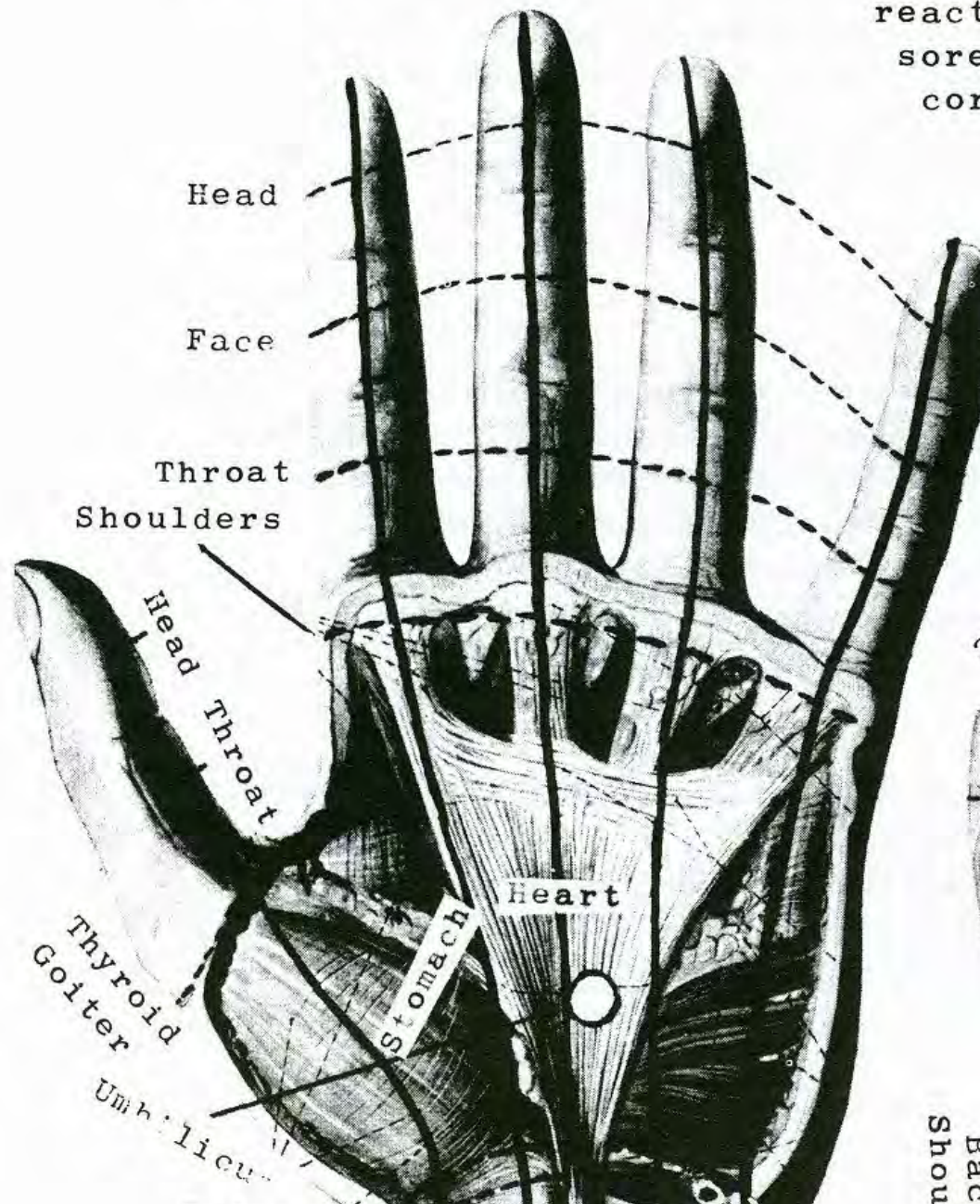
¹ To alleviate confusion between the Three Principles (Fire, Water and Air) and the Five Elements (Ether, Air, Fire, Water and Earth), many Polarity practitioners refer to Dr. Stone's "Fiery Principle" as "Yang," his "Watery Principle" as "Yin," and his "Airy Principle" as "Neutral" or "Tao." See [The Three Principles and Five Elements](#) for more information.

CHART No. 5

ACUTE REFLEXES

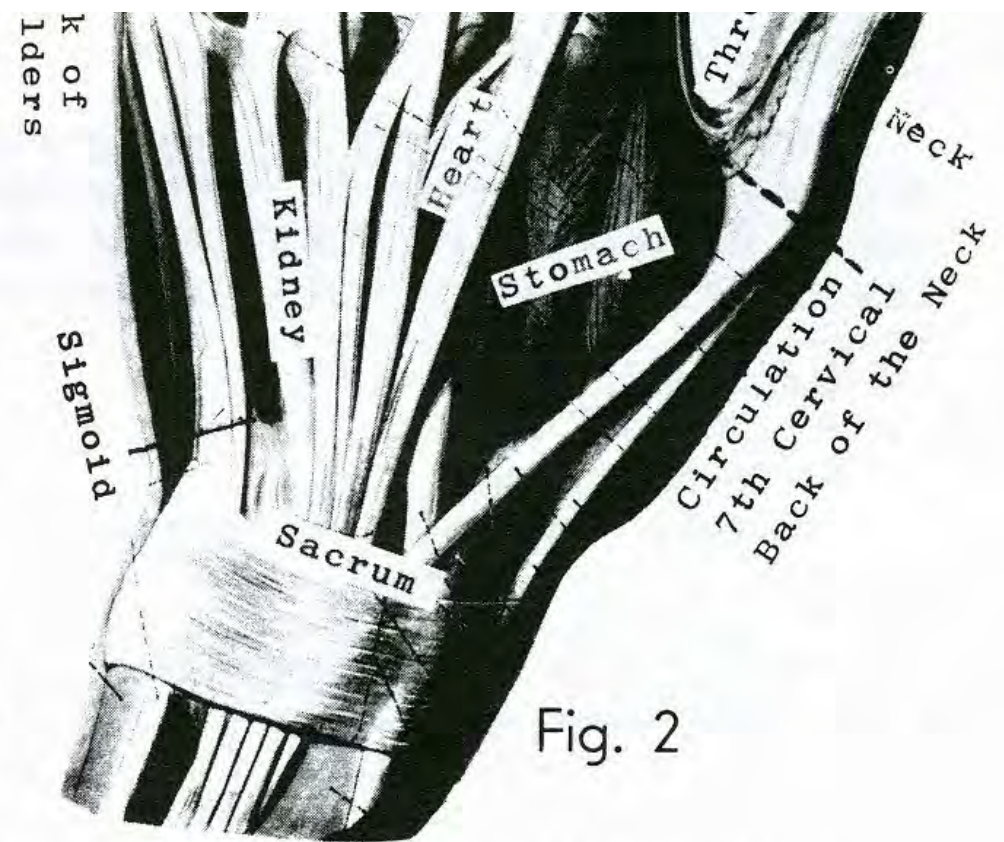
The hands have a similar reflex as the feet only they are neuter poles which react to acute conditions and leave very sore spots to be balanced. The nails correspond to the teeth. Neuralgias can be relieved by pressure at the root of the nails.

The back of the hand corresponds to the back of the body in its bony similarity. The regions for centers of response are the same as the front illustrations, only these are posterior.





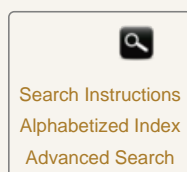
The circle in the lower portion of the hand gives the POLARITY position of the umbilicus in this extremity. Everything above it corresponds to the area of the umbilicus in the body; and below the circle, everything below the umbilicus. See Chart No. 4 in Book 2. It is all mapped out there and can easily be seen. The wrist corresponds to the pelvis on that side. This illustration gives a fine picture of it. The soft palm area represents the anterior sensitive structure of the body.





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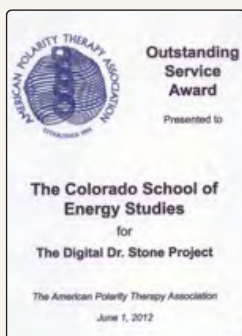
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Explanation of [Chart No. 5](#)

[Chart No. 5](#) shows the left hand with its ligaments and muscles - front and back - for energy response throughout the body. The hands are neuter [neutral] pole areas and are of great value in all acute conditions which are active then.

The hands are also the body's indicator and prognosticator. Color, thickness, ridges, splitting nails, peeling nails, etc. all have their meaning and indication in illness. A little careful observation will reveal much. A split nail or a heavy ridge which splits at the end, indicates an acute condition working out.

It is of great help to the doctor and to the patient when this can be pointed out as an energy imbalance in the system which must go through repairs. The nail will tell the story of progress. This often 'saves face' and hope, and makes it easier to carry on through difficulties which would otherwise prove too long drawn-out and disheartening at times.

The toe nails also reveal the prognosis of the vital reserve and the circulation to the extremity, even as large ear lobes indicate a good vital energy reserve which will pull a patient through, where others with less or no vital energy reserve might succumb.

Firm thighs and buttocks are the vital indicators in the water energy [Yin¹] field of generative vital reserve energy. The Mound of Venus, at the base of the thumb, tells the same story in the neuter [neutral] pole area of the hand. So also the firmness and fleshiness of the hollow of the hand gives assurance of fair heart action through vital support from within. Truly, the human body is wonderfully made!

Some unusual response areas are listed in Figure 2 on [Chart No. 5](#); for instance, the root of the nails for Neuralgia, according to the location of the teeth involved. In acute conditions it works like a charm when the exact spot is found and pressed with the finger nail of the other hand, using either the thumb or the second finger. One may also use a gold ring for this purpose by pressing the edge of it against the root of the nail.

Neuralgia is the cry of a nerve for food. This condition needs heat and dilation of the positive pole of the sun [Yang¹], or the application of the edge and pressure of a gold comb, ring or any gold object with a fine contact edge.

When I was in India I had severe facial neuralgia involving the incisors on the left side. I found the most tender spot

¹ To alleviate confusion between the Three Principles (Fire, Water and Air) and the Five Elements (Ether, Air, Fire, Water and Earth), many Polarity practitioners refer to Dr. Stone's "Fiery Principle" as "Yang," his "Watery Principle" as "Yin," and his "Airy Principle" as "Neutral" or "Tao." See [The Three Principles and Five Elements](#) for more information.



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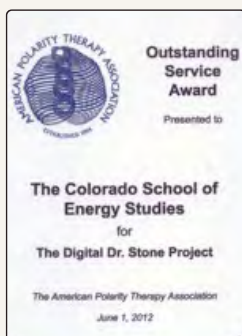
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Explanation of [Chart No. 6](#)

The 'Evolution Position of the Energy Fields of the Body' depicts the reversed current flow of energy in the spiritually evolving individual. It is not given here as mere speculative theory nor as a physical demonstration of practice. The purpose is simply to SHOW THE CHANGE OF THE ATTENTION CURRENTS OF THE MIND AND THE SENSORY ENERGY FLOW OF EMOTIONAL INTEREST, AWAY FROM the personal centers of self-protected limitations acquired in the process of involution.

This is an actual illustration of 'rebirth' in the field of ENERGY ESSENCE.

"Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God. That which is born of the flesh is flesh; and that which is born of the Spirit is spirit. Marvel not that I said unto thee, Ye must be born again." (St. John 3:5,6,7.) (Also see St. John 1:1-13; I John 4:7; 5:1, 4, 18; St. John 3:3; I Peter 1:23.^[1])

The marvels of the vital processes of Energy Currents become revealed and verified by Biblical texts, as an inner Reality rather than mere theory or belief. Saints, Saviors, Prophets and Seers all dealt with Life and its Energy Fields of Causes as Inner Realities. We assumed them to be material and perceptible through the five senses, or demonstrable in the laboratories of matter and as mere historic facts. Verse 13 of St. John 3^[2] indicates the same popular material attitude at that time. So it is not a new thing at all. And it is because of this attitude of mind which demands material proof that spiritual facts remain obscure, and sacred texts are sealed mysteries. The same was true in the time of Jesus when Nicodemus visited Him at night and questioned Him concerning the mystery of spiritual REBIRTH.^[3]

Allow me to suggest that in the two charts of Energy fields in the process of Involution ([Chart No. 5](#), Book 1) and Evolution ([Chart No. 6](#) in this book) of the soul's travel, a little of this hidden process of the Soul and its rebirth (described in the third Chapter of St. John as a Vital Reality), is revealed by geometric designs. IT IS MERELY MENTIONED HERE FOR HUNGRY SOULS AS A POINT OF INTEREST FOR FURTHER SEARCH. "THE MYSTIC BIBLE"^[4] was written for the same purpose; namely, to encourage further search by those sufficiently interested in TRUTH and GOD-REALIZATION, for which purpose the human body was originally given to us. It was through the human body that we involuted and it is through the human body that we obtain the key to evolution (LIBERATION AND GOD-REALIZATION).

¹ In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made. In him was life; and the life was the light of men. And the light shineth in darkness; and the darkness comprehended it not. There was a man sent from God, whose name was John. The same came for a witness, to bear witness of the Light, that all men through him might believe. He was not that Light, but was sent to bear witness of that Light. That was the true Light, which lighteth every man that cometh into the world. He was in the world, and the world was made by him, and the world knew him not. He came unto his own, and his own received him not. But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name: Which were born, not of blood, nor of the will of the flesh, nor of the will of man,

but of God. (John 1:1-13)

Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. (I John 4:7)

Whosoever believeth that Jesus is the Christ is born of God: and every one that loveth him that begat loveth him also that is begotten of him. (I John 5:1)

For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. (I John 5:4)

We know that whosoever is born of God sinneth not; but he that is begotten of God keepeth himself, and that wicked one toucheth him not. (I John 5:18)

Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God. (John 3:3)

Being born again, not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth for ever. (I Peter 1:23)

² And no man hath ascended up to heaven, but he that came down from heaven, even the Son of man which is in heaven. (John 3:13)

³ John 3:1-21

⁴ The Mystic Bible by Randolph Stone, published in 1956 by Radha Soami Satsang Beas, Punjab, India. Now out of print, this rare book is an explanation of the esoteric and symbolic meaning of many Bible stories.

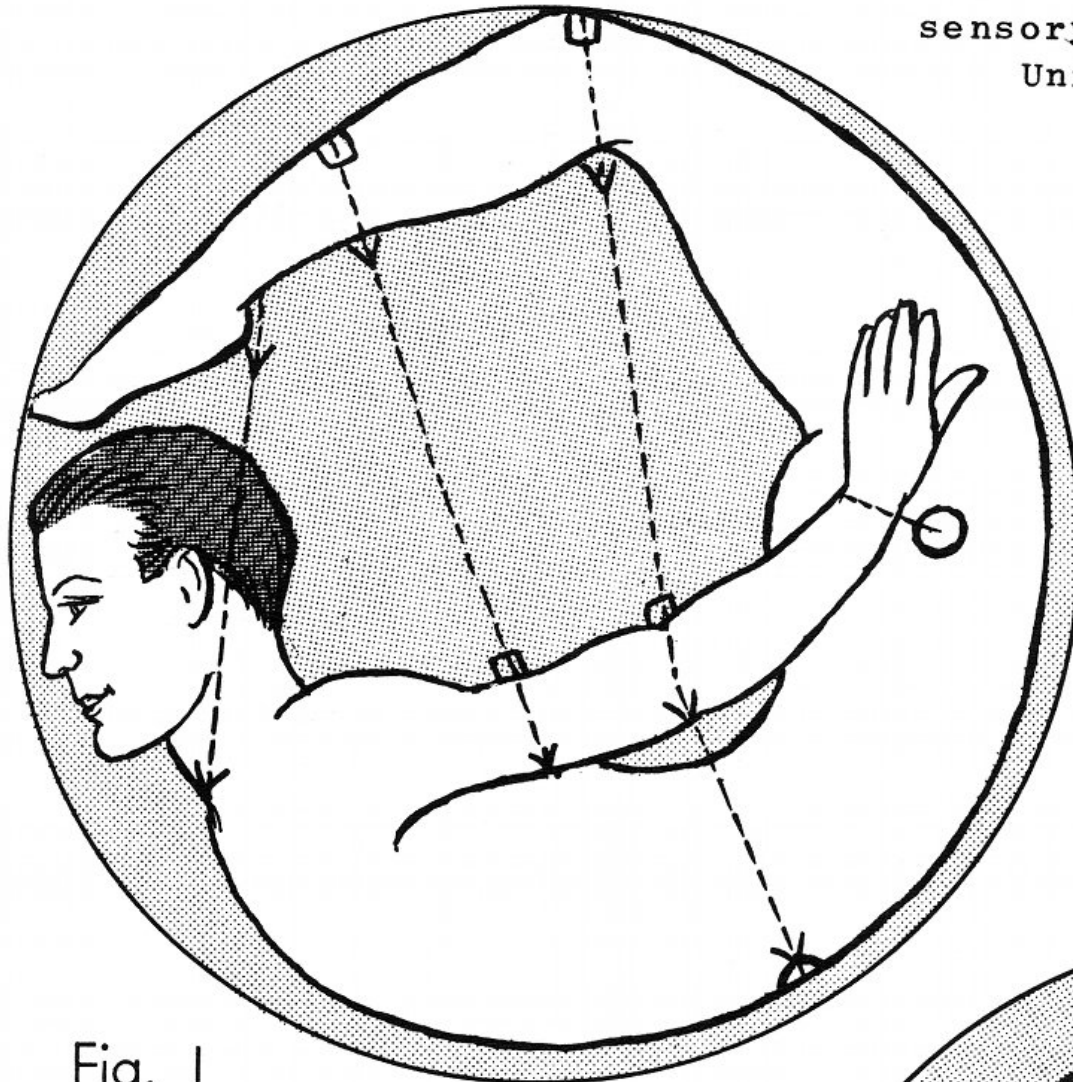
CHART No. 6

EVOLUTION POSITION

OF THE ENERGY FIELDS OF THE BODY.

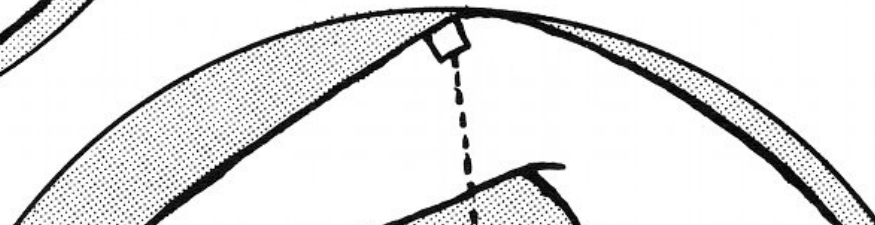
This is brought about by a reversal of the attention currents of Mind Energy. It opens the sensory body fields for response to Universal Currents, and limits the posterior, personal motor expressions of the individual.

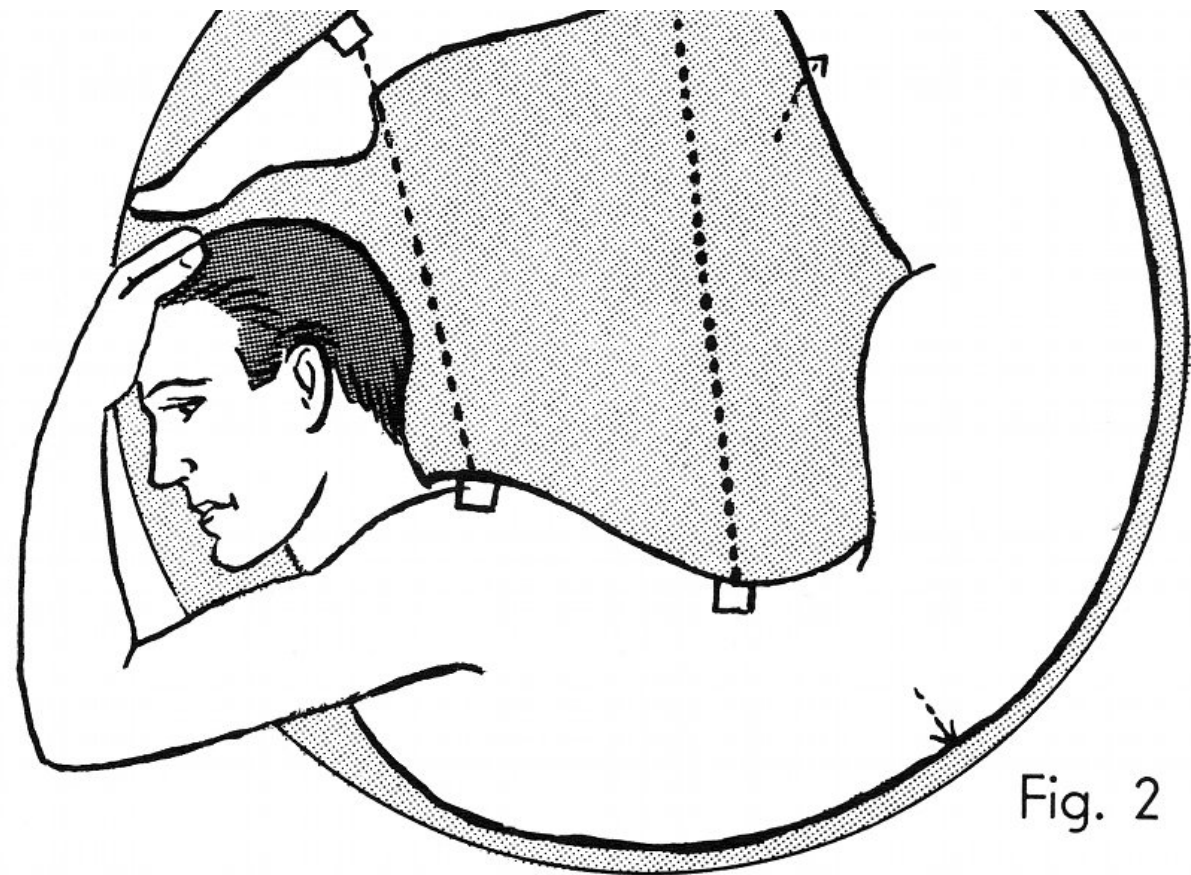
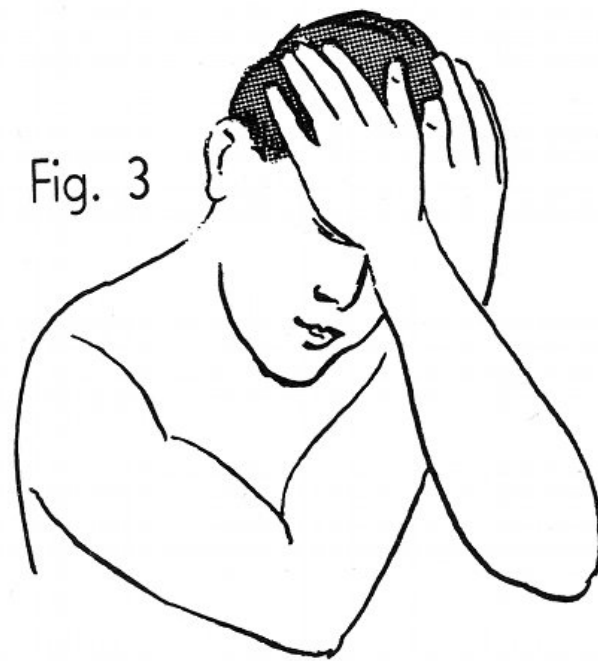
It is the opposite of the Chart on Involution, illustrated in Book I as the Embryonic position of a soul coming to earth.



- > ANTERIOR POLES
OF CORRESPONDENCE
- POSTERIOR FIELDS OF
RELATIONSHIP
- HIP JOINT
- ◡ THE UMBILICUS

Fig. I





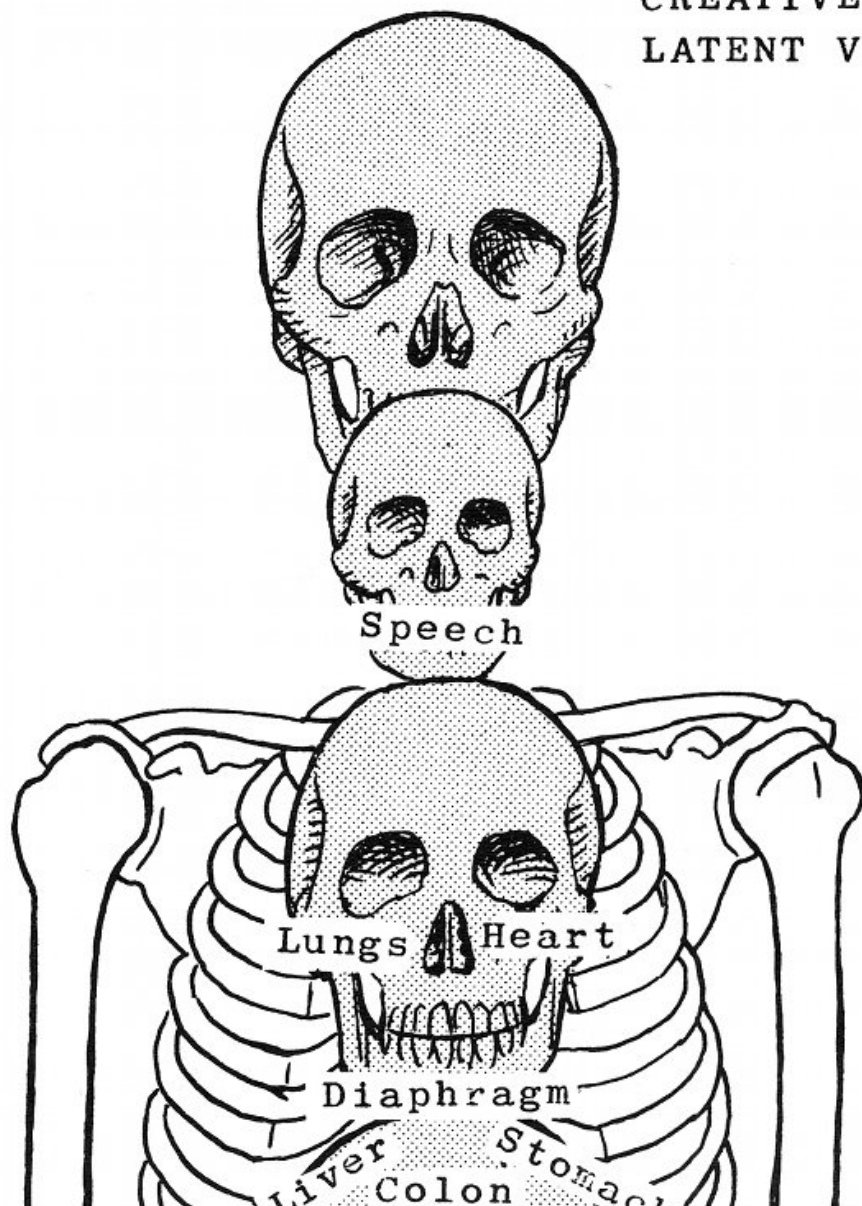
Both, the Embryonic Chart on Involution in Book I and this Chart on the Evolution Position, reveal Vitality Currents of relationships as a further source for the foundation and demonstrable logic for this work.

CHART No. 8

REFLECTED VITAL GEOMETRIC PATTERN FIELDS

CREATIVE MIND PATTERNS EMANATED AS FIELDS BELOW
CREATIVENESS IS EXPRESSED AS
LATENT VITAL FUNCTION.

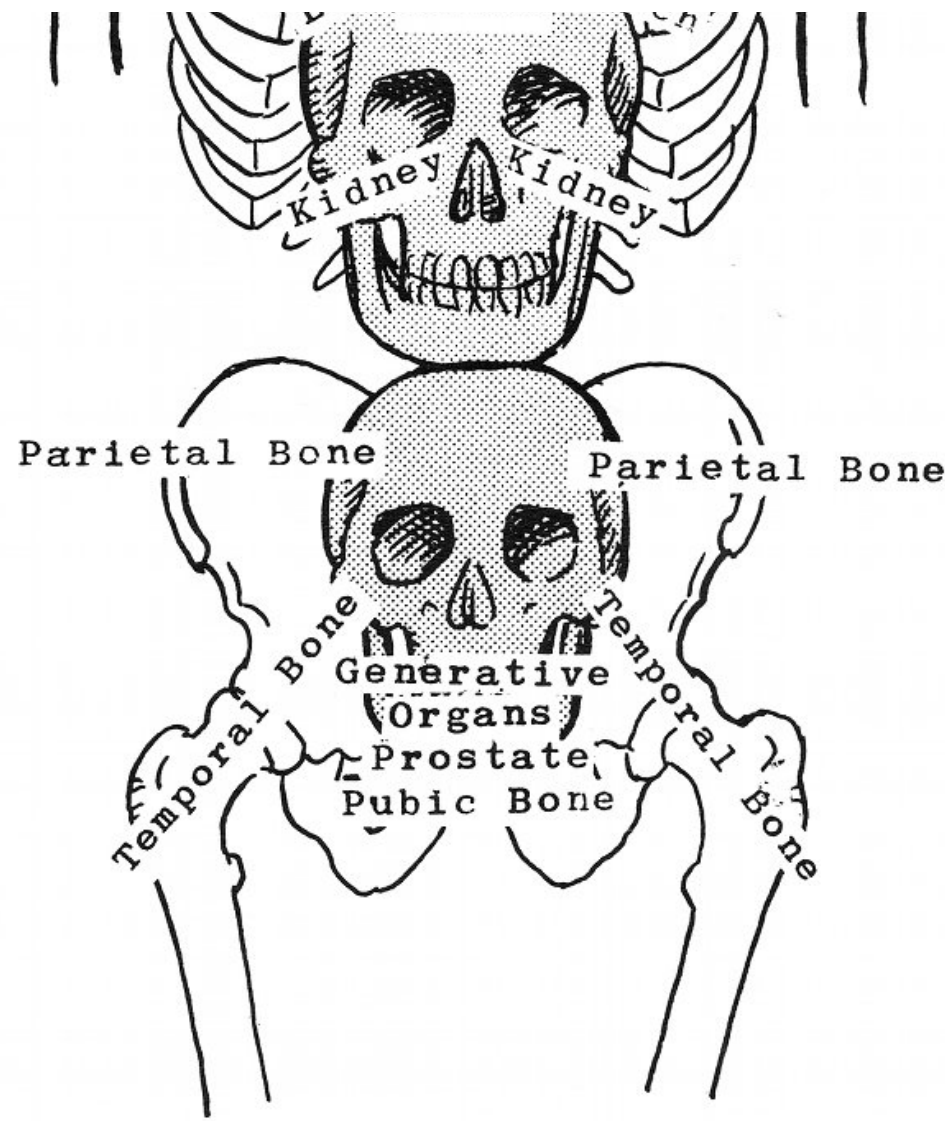
of body construction, reflected from
1 in the four regions of the body. The
in Chart No. 1 in Book 2, and in Chart
ous function through the four POLAR-
ancient wisdom the creative mind
CREATION, called 'Kether' in the Cabala.
gradually in five successive waves of
described in Genesis.



e the land or fields referred to in
gy currents flow through the center
, or a whirling disk of vitality.

Mind patterns form the keynote above, downward, by placing the skull: same regions are indicated as ovals: No. 6 in Book 3.

Mind is expressed as subconscious IZED ENERGY FIELDS IN THE BODY. In a pattern was considered the CROWN OF This complete ideal is stepped down emanation, or days of Creation, as de



The locations in the body are the Bible and in Book 1. The energy of each oval also called a 'chakra

By placing the skull in each field we can see the exact representative areas and functions of the head expressed in the body organism as vital mind current function in matter, through four stages or elements as four rivers of supply, for sustenance and function.

CHART No. 9

VITAL POSTURE BALANCE

MOTOR BALANCE POSITION: Note the two hands clasped over the back of the head, balancing the positive motor pole with the neuter palms of the hands. The mild stretch relaxes the spinal muscles.

FIG. 2 - CROSSING THE LEGS AND HANDS balances the neuter and negative poles. It has a quieting sensory effect.

FIG. 3 - THE IDEAL NEUTRAL POSITION SQUATTING POSTURE, plus local special sense balancing through the finger locations: Thumbs in the ears, the first finger lightly over the eyes, the middle finger over the nose, the ring finger over the mouth and the little finger on the chin. It is a pos-

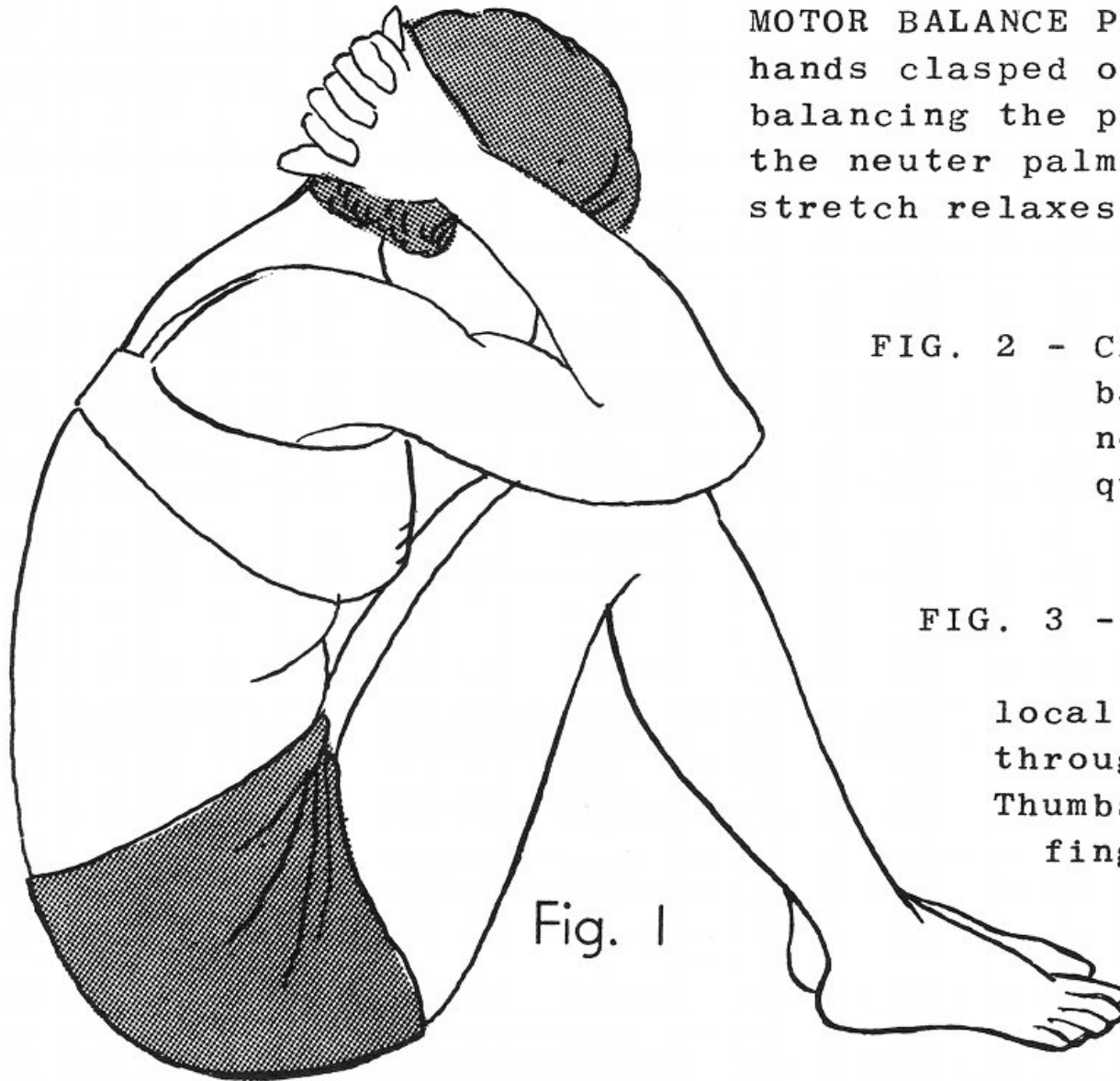


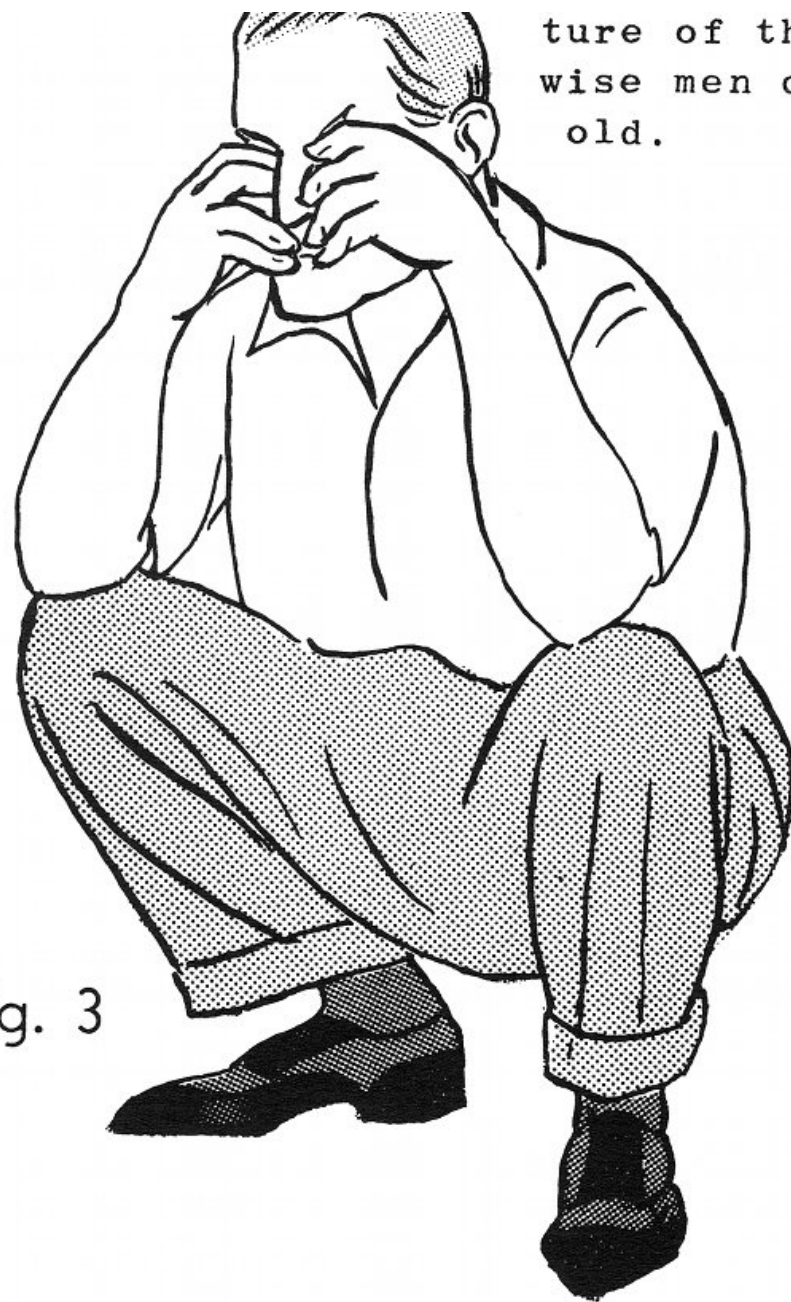
Fig. 1





Fig. 2

Fig. 3



ture of the
wise men of
old.



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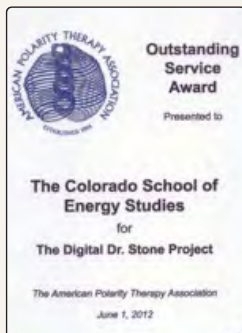
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Explanation of [Chart No. 9](#)

The reason for giving these three positions is for a better understanding of the VITAL CURRENT, expressed through form and position. EACH POSTURE HAS A DEFINITE POLARITY BY WHICH IT IS SO IN ITS EFFECT. This is generally overlooked.

When we lie under a green tree and look up through its shadowy leaves, at the sky above, the motor relaxing posture ensues instinctively and automatically. We clasp our hands behind the head and cross the knees loosely. "That is the life of relaxation." But why it is so, nobody has apparently analyzed or stated it exactly.

Here the reason is given as a natural, VITAL ENERGY POLARITY APPLICATION. When our own instincts prompt us to do these things, and we are pleased with them, would not further knowledge along that line be useful and interesting?

Figure 2 depicts a good posture for relaxing anxiety and emotional tension. It was used long before the advent of chairs and is still used a great deal in the east. In fact, stastics [statistics] show that the majority of the world's population still uses this posture in the absence of chairs. It is also (and perhaps was originally designed for that purpose) a philosophic posture for bearing the ills of the day with a confident faith in God's Providence.

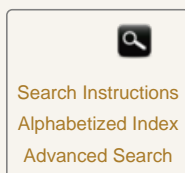
Figure 3 shows a neuter [neutral] posture, used by sages and wise men for their deeper penetration into the Inner Mysteries of life. Here we merely point out the VITAL POLARITY of the posture, why it is so that this position helps the VITAL PATTERN OF THE MIND as a balancing effect. The same historical facts apply to both postures - figures 2 and 3 - so what was said about it under figure 2 is not repeated here.

The idea presented here is that the body can be put in a neuter [neutral] position of rest, the same as any machine. The act of standing still is anything but rest for the body. The same can be said about sitting on a chair. Even lying down has its phase of better positioning for complete motor relaxation and repair of tissues. These ideas are more or less startling until they are put to use, when we feel the difference and no further explanations are necessary. The ideal posture shown here, is one where the mind transcends the body in deep activity of concentration and inner absorption.



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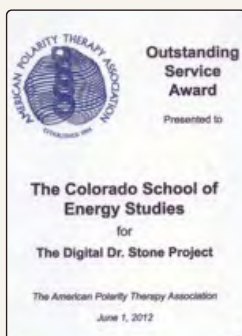
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Chart No. 10

[See [Book 3, Chart 10](#)]

The line-up has been used in this manner for a long time and it has been found wanting because the relationship of a living being is quite different than an inert mass. The purely mechanical principles do not suffice here. After many years of checking and using this simple device, I stumbled onto the idea how this could be used in measuring the POLARITY FIELDS OF THE BODY AND CHECKING THEIR RELATIONSHIP WITH EACH OTHER against the background of the earth's gravity.

The earth's gravity force does not rule man. It only conditions him when his own gravity fields are out of balance. Man is an integral unit, having a central gravity line of force of his own by which he acts and around which his forces spin as the central orbit of his being. Man overcomes gravity through leverage of bones as extension levers with joints, and muscles and tendons as cables which operate them.

True, man is dependent on Nature for everything for his survival and existence on this earth. The air he breathes, the warmth of the sun or its crystallized deposits as oil, coal, wood, etc., the water he drinks and the food he eats. All this relationship is also a gravity principle which links man to Nature, even more closely than the earth's gravity. But much of this has been ignored in therapy. If the good doctors would take these more important factors as seriously as the gravity of the earth, they would find some astonishing forces at work in man and in Nature by which he is really bound and conditioned. And these are the points I have endeavored to bring to the attention of the healing art.

Even the atomic energy field extends man's researches only to the POLARITY FORCES latent in matter without conductors. To apply the same research and importance to man as a human being is even more essential because it deals with life itself and its polarity action. The finer energies in Nature are wireless and less conditioned than the specific, stepped-down forces.

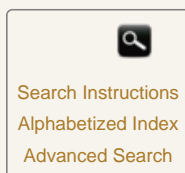
Mechanical principles depend on gravity. Chemistry depends on the polarity principles of attraction and repulsion in the field of matter. My earnest endeavor has been to extend this field of POLARITY influence to the manipulative art, where it could equally cope with the wonders of the influences of chemistry for the benefit of the body, but without the risks that are often involved in the use of chemistry.

Real knowledge can be tested and proved in practice, whether it be in a trade, a profession, in mechanics or even the endless field of therapeutics. A larger vision expands the mind and the emotions so they can come to maturity with the growth of the physical body. The dweller in the house of the body is the real being and more important than the house. His relationship to the body is most vital for expression and function in this world of experience, sensation and action. For best results there must be a balanced relationship of the fields of action, thought, emotions and gravity, which can be easily done by the proper application of POLARITY THERAPY.



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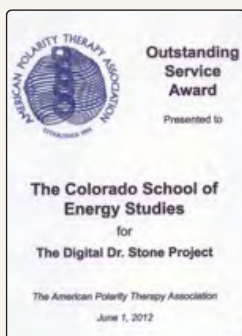
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Chart No. 11

[See [Book 3, Chart 11](#)]

Chart No. 11 depicts the relationship of the central axis of the spine, the bead, the shoulders, the sacrum and the legs and feet as a picture of a normal posture. Here is a body balanced in its own polarity field and muscular pull with that of the earth. Freedom of action is possible through perfect leverage.

Please note that the line of the center of the sacral articulation to the middle of the shoulders crosses exactly where the umbilicus would be, if this check-up were taken anteriorly, over the sensory fields of relationship. On the back, it is between the second and third lumbar vertebrae, which represents a straight line through, from the umbilicus. Any deviations from these lines of balance, show the unpolarized fields under stress and pull.

The findings and varieties are many and too involved to picture all of them. The factors behind all this are not only the muscles under tension, but the impulses to these muscles from fields of sensory abdominal reflexes and emotional stress. Bony adjustment and muscular stretch are structural corrections and do not always balance the energy in the POLARITY FIELDS. Cerebrospinal fluid impulses or index pressure are not dependent upon structure normally. Visceral reflexes and emotional impulses are also independent actions in natural life.

Folds and grooves over the liver area or the stomach area on the back are important factors. The lateral spinal curve which compensates these saggings is due to the sacral position and over-all internal stress caused by disturbed vital polarity function in the cerebrospinal fluid of the sacrum. Much can be done here by the use of POLARITY THERAPY, which results in more stable sacral correction. Vital and unconscious impulses which are the driving energies throughout life, lie dormant in the sacrum. The sacrum is the negative pole to the brain. It expresses the motor action of brain impulses. There is an important relationship between the three geometric horizontal lines and the three vertical ones, shown on this chart.

The structural energy control is also in the pelvis, as the pattern of the seed power in its negative polarity action of electronic spinning vortices as Nature's design in all living beings. In the brain it is represented as the pituitary gland, located posteriorly between the eyes, as the positive pole and center for governing the growth of the body. Science has made this discovery in recent years, but not the POLARITY ENERGY FIELDS which synchronize with this function.

The lines on this figure reveal at once the relationship of the above to the below, and the inferior to the superior and the diagonal balancing energy currents.

The horizontal shoulder line and the horizontal line through the center of the sacro-iliac [sacroiliac] articulation disclose much. This is further illustrated and described in [Chart No. 13](#) in this book.

The third horizontal line, under the buttocks, has a real significance of sacral tilt and lack of internal muscle tone on that entire side of the body. When good muscle tone is present and one buttock is lower than the other, it is usually a sacral tilt. The low buttock is the low sacral base side. Test it and prove it. Correction is not too difficult where there is not too much of a chronic condition in all these tissues.

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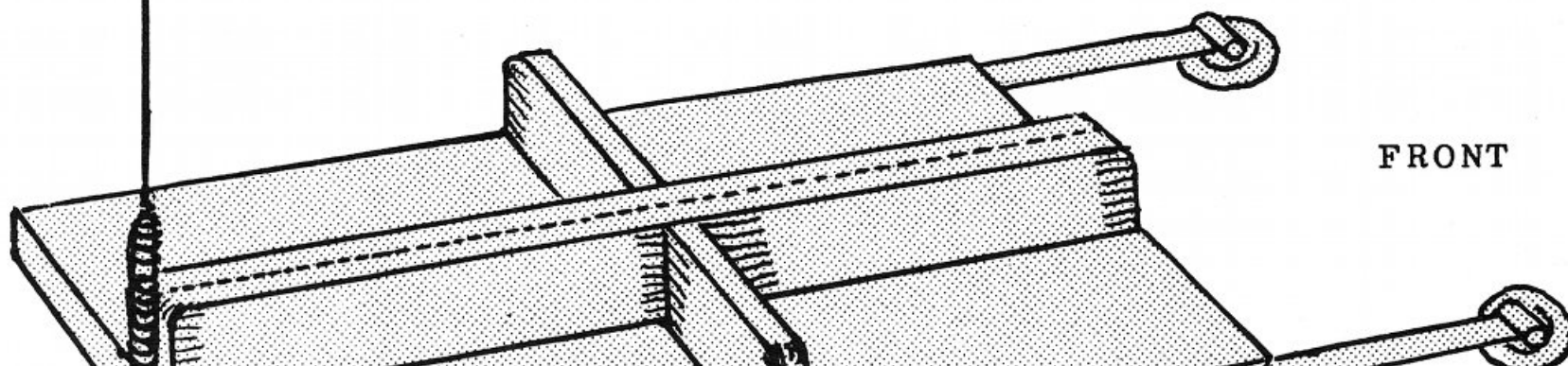
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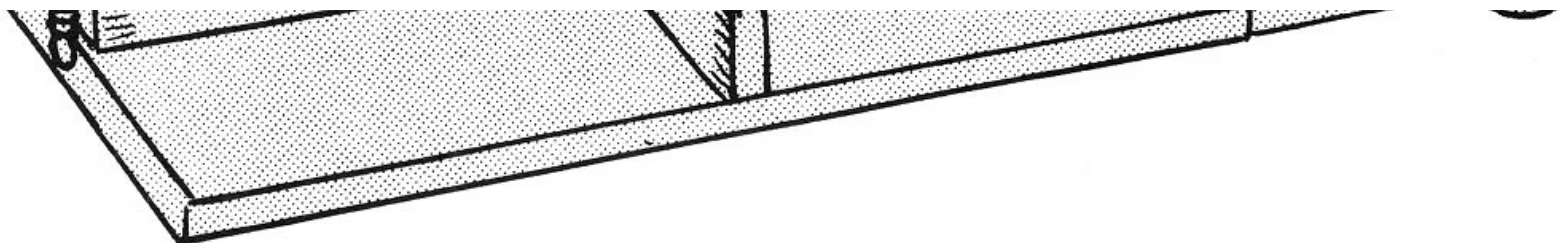
CHART Nº. 10

SIMPLIFIED GRAVITY TEST BOARD

Also refer to Chart No. 10 in Book 3, 'Polarity Therapy' and pages 62, 63, 64, 65 & 66 therein. The principle and application are fully explained there. The reason for giving this chart is the newly simplified construction for a better posture position, allowing the feet to be farther apart, which not only saves time but enables the patient to stand more securely.



BACK



The board is 24" long and 12" wide. The center divider is of wood, $2\frac{1}{2}$ " wide and 2" high, with a line in the center for sighting from the string which is fastened to some object above or to the ceiling and to the spring on the board. The cross piece is 1" thick, runs the width of the board and is also 2" high.

The patient stands at the front end of the board, facing the front, placing the heels snugly against the cross piece and each foot snugly against the center piece.

The doctor sits facing the back of the board, at the end where the string is fastened to the spring, and keeps the string sighted with the center. He then marks the exact place where the string falls on the patient's back, with a skin pencil or crayon. He also marks the hollow spots with a minus (-) sign and the prominent areas where the tissues bulge, with a plus (+) sign. This merely indicates what is to be done when the patient is lying on the table where the structural relationship may be reversed or changed when off gravity. The doctor proceeds to make the POLARITY CONTACTS for equalization or balancing of the plus and minus areas with the center line of gravity.

CHART No. 11

VITAL KIDNEY BALANCE

Fig. 1: Contact with the thumb of the right hand on the kidney area on the sole of the foot, shown in Chart No. 4. The other hand on the cuboid bone on the outside.

Fig. 2: Flexion of the foot to bring the lesion to the surface under tension.

Fig. 3: Combine it with the back contact

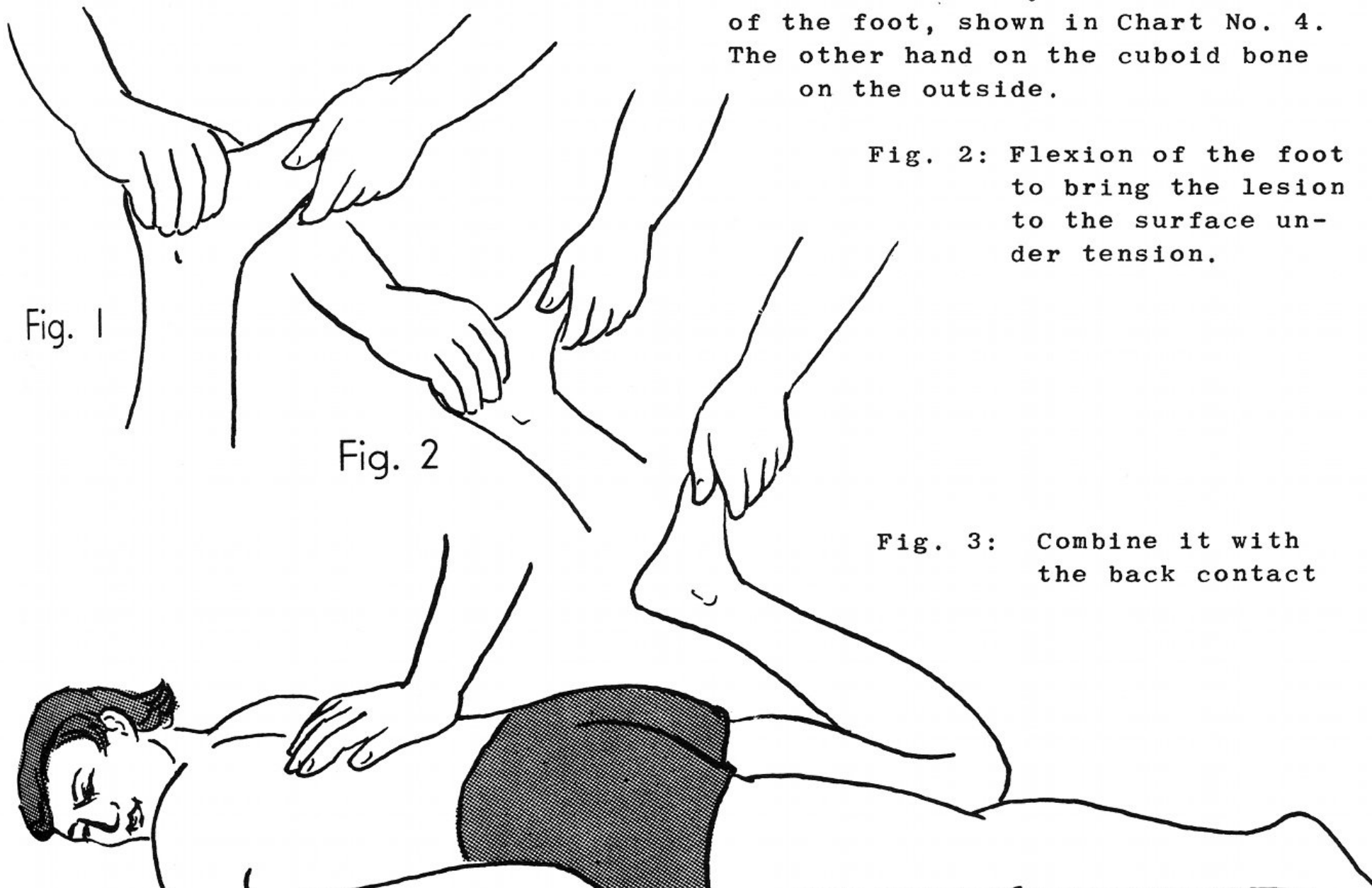




Fig. 3

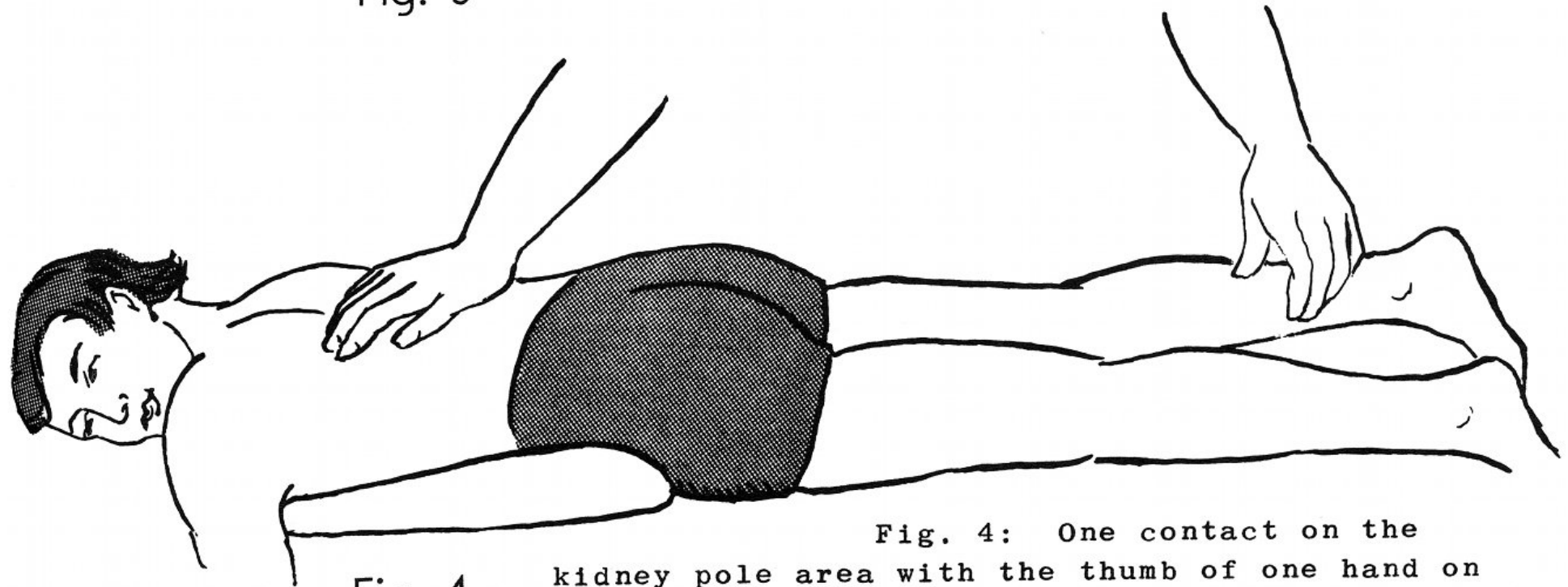


Fig. 4

Fig. 4: One contact on the kidney pole area with the thumb of one hand on the calf of the leg; the other contact with the heel of the other hand on the 11th and 12th dorsal on the same side of the body.

CHART Nº. 12

SUPERIOR-INFERIOR VITAL BALANCING

FIG. 1 illustrates a contact with the right hand in a firm grip on the heel bone, with the thumb above and the index finger below. The left hand is on the occiput and atlas area. Top and bottom are being balanced. Both

are weak spots &
need release
often.

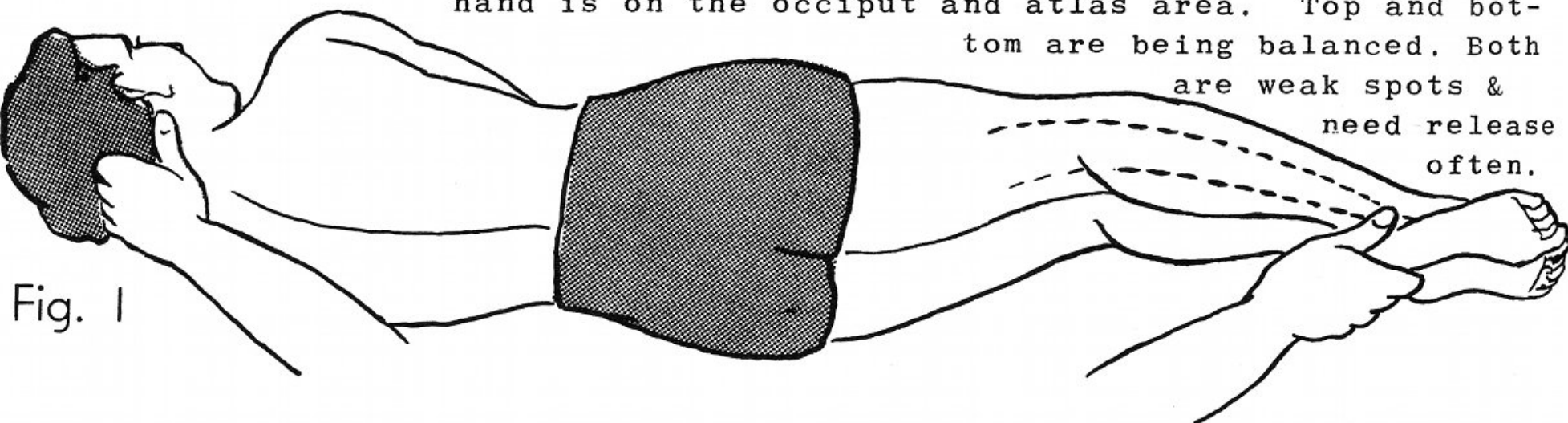


Fig. 1

FIG. 2 shows how any area on the calf of the leg, the leg, or the heel can be treated and balanced from a side position, while the doctor sits down. The thumb contact is firm in both applications. Sacral and Occipital contacts can also be made in this position.

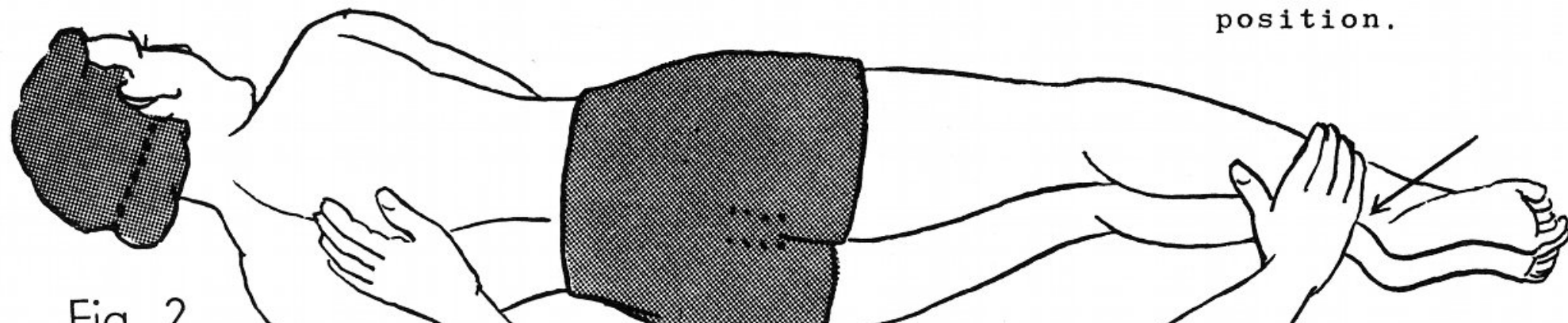


Fig. 2

Sacral-Occipital Contacts can also be made per dotted lines on Fig. 2

FIG. 3 depicts a THYROID RELEASE contact just above the ankle with one hand, and a gentle lift under the collar bone with the other. Also work the calf contact firmly for action below.

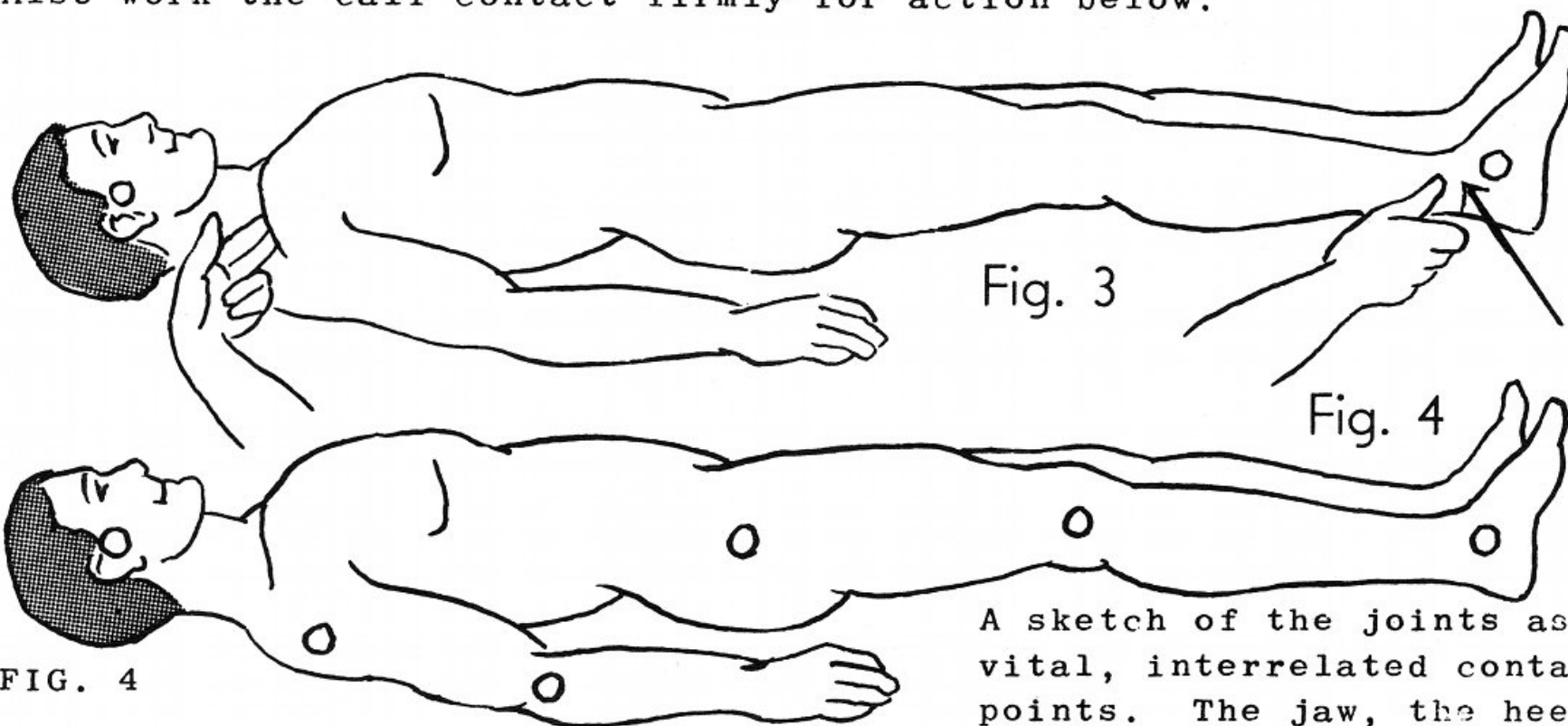


FIG. 4

and the hip contacts are most effective for MUMPS. Even without touching the tender jaw, balancing the other tender spots in joints brings instant relief.

A sketch of the joints as vital, interrelated contact points. The jaw, the heel

CHART No. 13

VITAL COLON BALANCE

BALANCING VITAL ENERGY CURRENTS IS THE ART OF
STIMULATING THE LAGGING FIELD AND INHIBITING
THE OPPOSITE POLE OF
EXCESS ACCUMULATION OF
ENERGY.

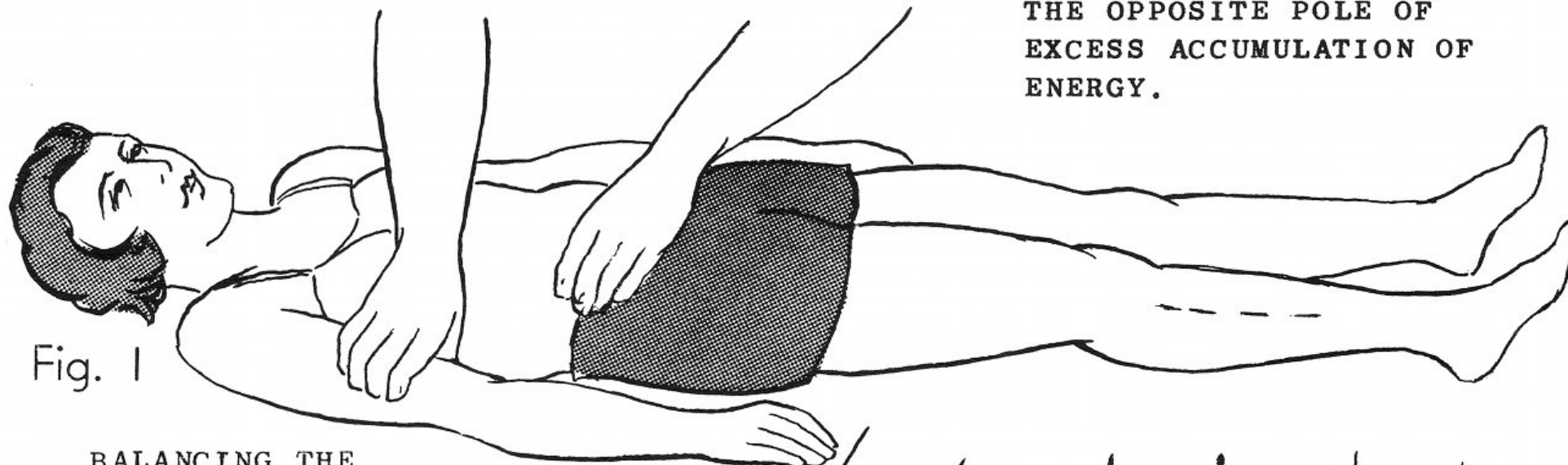


Fig. 1

BALANCING THE
HEPATIC FLEXURE OF COLON WITH
THE ARM POLE

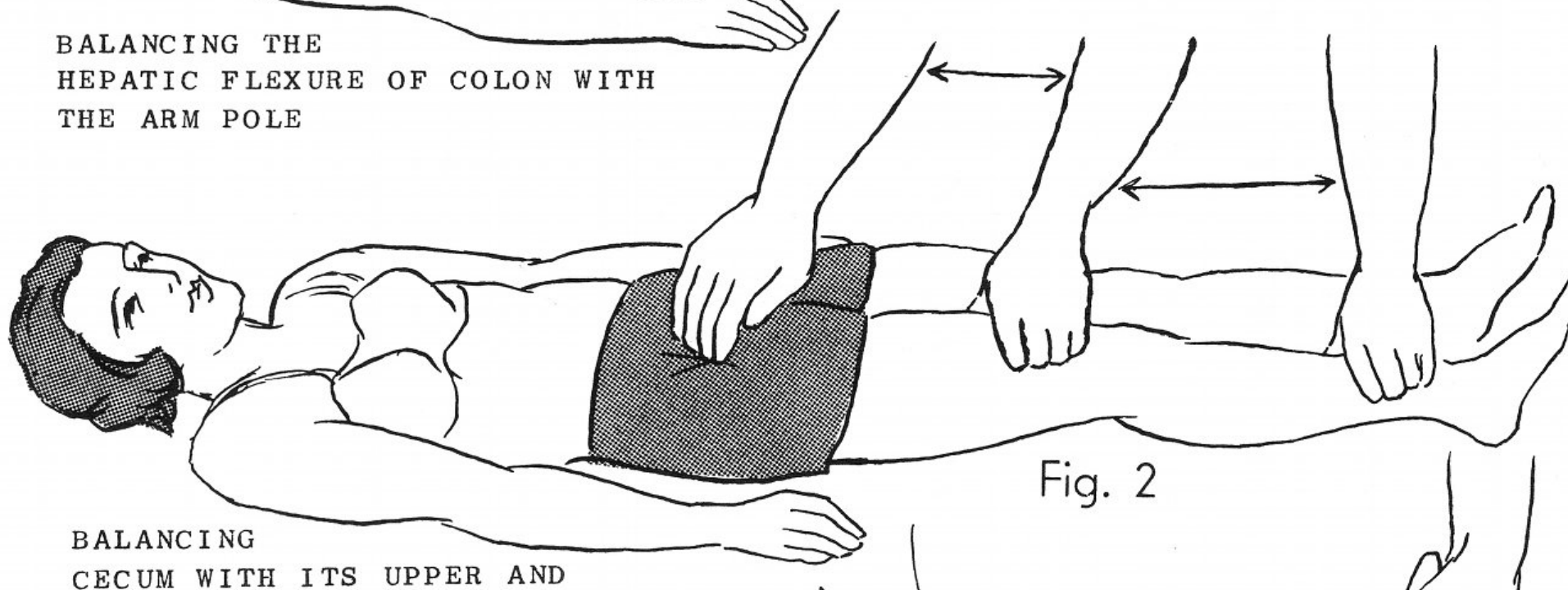


Fig. 2

BALANCING
CECUM WITH ITS UPPER AND

LOWER POLES IN THE LEGS, BY TWO
DIFFERENT CONTACTS BELOW, AS SHOWN -
ONE ABOVE THE KNEE &
ONE ON THE LEG.

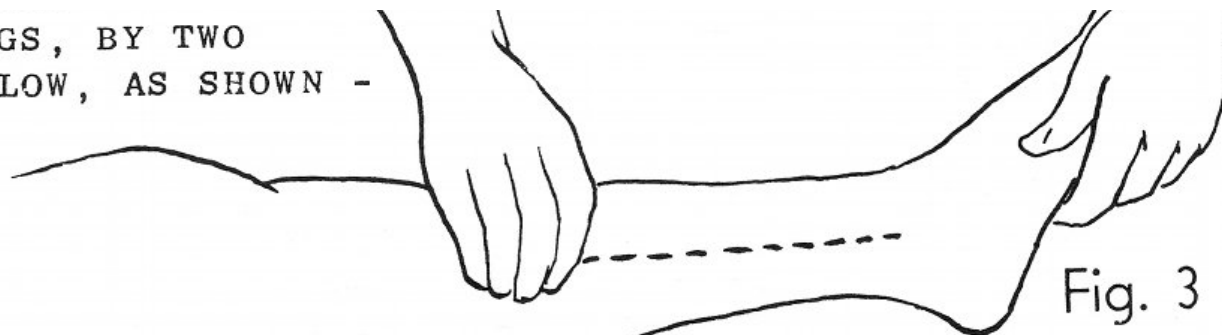


Fig. 3

TOP AND BOTTOM OF FOOT (COLON AREA)
BALANCED WITH THE LEG POLE

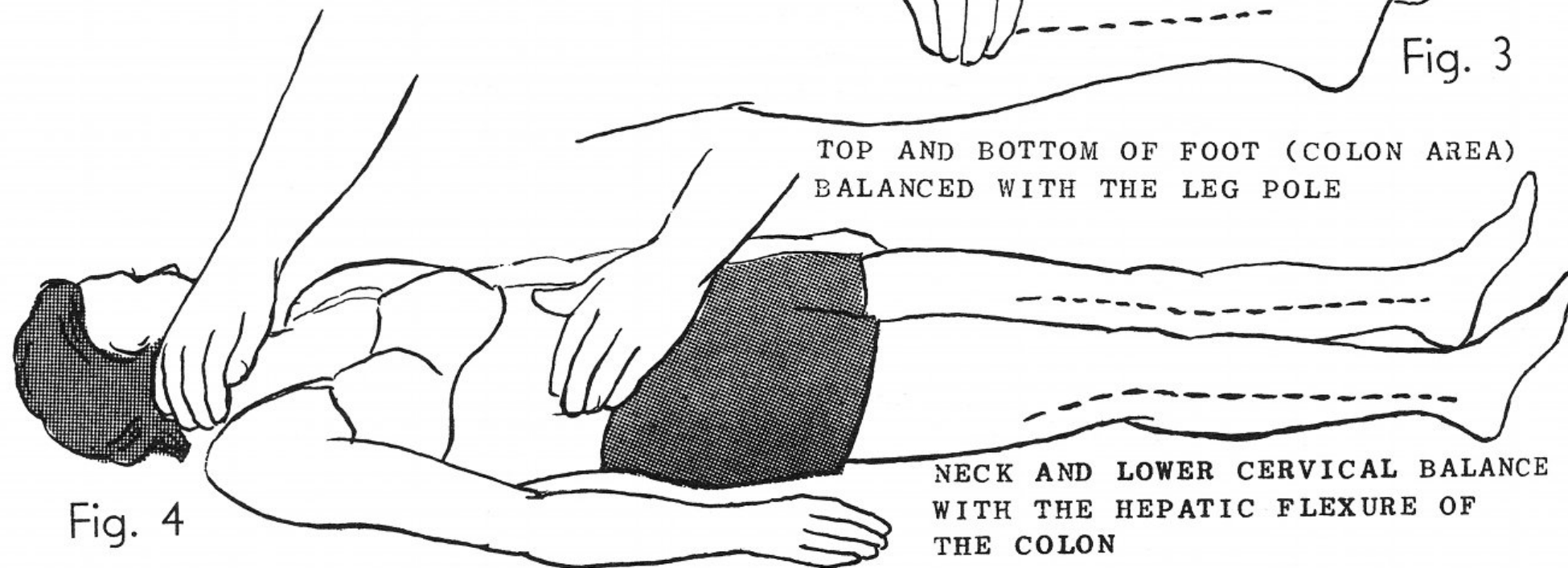


Fig. 4

NECK AND LOWER CERVICAL BALANCE
WITH THE HEPATIC FLEXURE OF
THE COLON

PROMOTING OR RESTORING A CURRENT FLOW IN ANY TRIUNE POLARITY CIRCUIT
IS VITAL BALANCING. THESE FUNCTIONING ENERGIES FLOW IN RHYTHM WITH
THE VITAL BREATH WHICH PENETRATES ALL TISSUE FOR LIVING FUNCTION.



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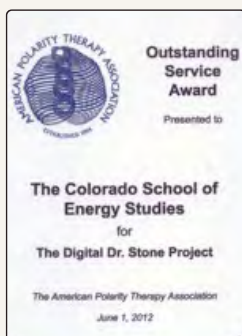
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Explanation of [Chart 13](#)

The colon belongs in the earthy. triangle, as shown on [Chart No. 4](#) in Book 1, at the point marked 'Bowels'. By tracing the triangle we find the knees and the neck as the two poles. The knee pole is found as an illustration in [Chart No. 60](#), in the Supplement to Book 2.

Also go a little higher, above the knee, than is marked here. Balance the sore spots here with the tender colon area, high or low. The knee is the umbilical area of the colon. The transverse colon area would be found below the knee, between the fibula and the tibia. The 'up' is a downward reflex on the leg, as if it were raised to the head. So the higher up in the colon, the lower down is the reflex below the knee. (For back, see [Chart 2](#))

The middle of the calves of the legs have their polarity reflex to about the 10th dorsal [thoracic] vertebra [T10]. The 3rd and 4th cervical vertebrae [C3, C4] correspond to the 3rd and 2nd lumbar [L3, L2] respectively, per [Chart No. 2](#) in this book. That gives you the neck region for balancing soreness. Balance these with the leg area on the knee and a little above it.

This is the method for tracing fields according to [Chart No. 4](#) in Book 2, and Charts [No. 4](#) and [No. 5](#) in Book 1, so they are not illustrated here.

Figure 1 depicts the balancing of the hepatic flexure of the colon with the sides of the right arm, by means of a firm contact. The colon often gurgles in response.

Figure 2 demonstrates balancing the cecum with a firm contact just above the knee, where it is sore on both sides.

Figure 3 shows a very important colon area on the foot. This is usually very sore, especially on the top. Firm pressure is required with the top and bottom contacts, along with flexion, in order to release this condition. The ascending colon on the region of the side of the leg, between the tibia and the fibula, is being balanced here.

Figure 4 illustrates a contact on the hepatic flexure, under the liver, and a balancing, 5th cervical [C5] neck contact.

All of these contacts work very well for better colon function.

CHART No. 14

VITAL PELVIC AND FOOT BALANCING

FIG. 1
Contacts on the inside
of the heel
bones for
Prostatic re-
lease, bal-
ancing the
right with the
left negative
pole.



Fig. 1

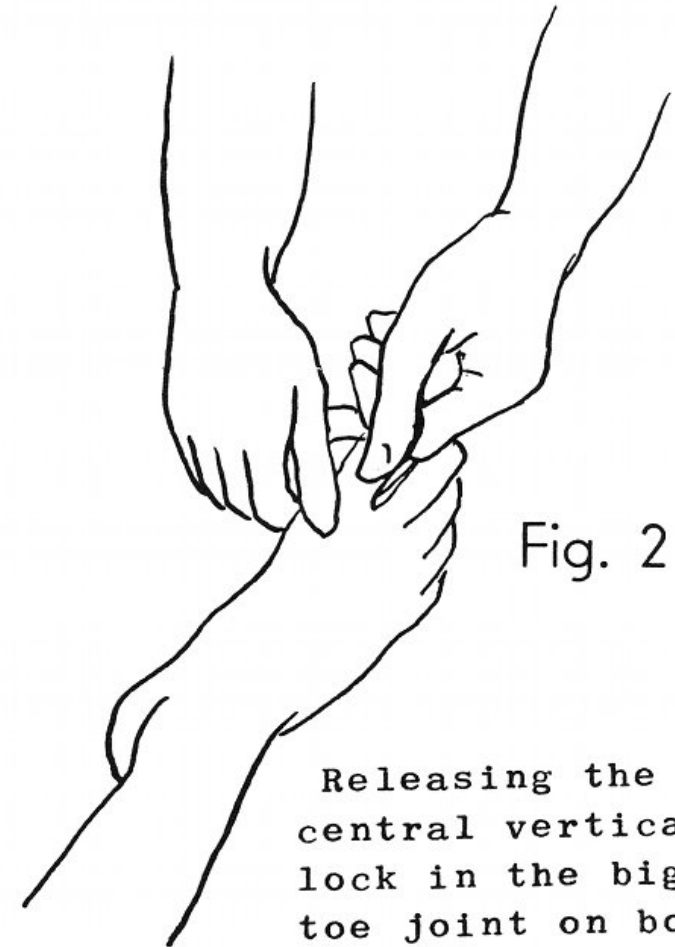
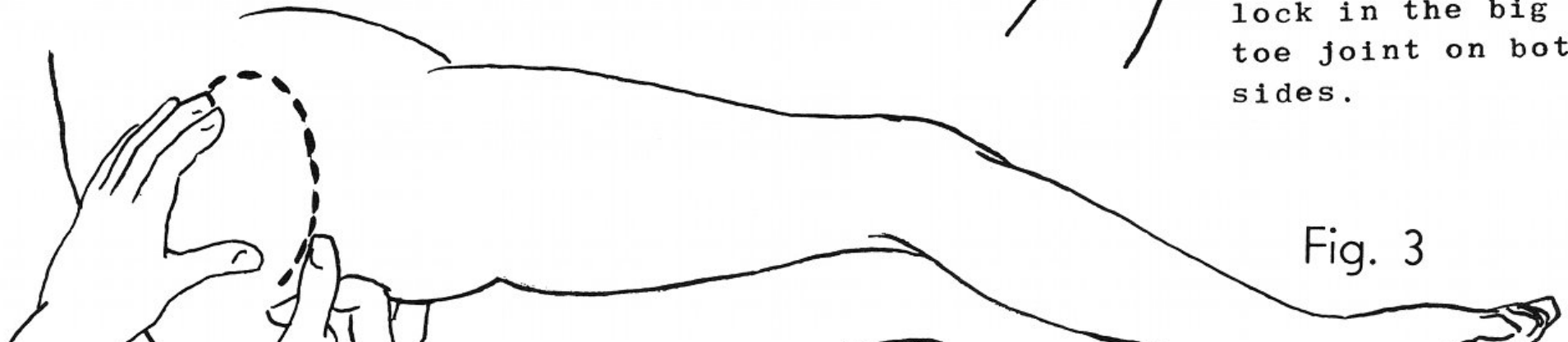


Fig. 2

Releasing the
central vertical
lock in the big
toe joint on both
sides.

Fig. 3



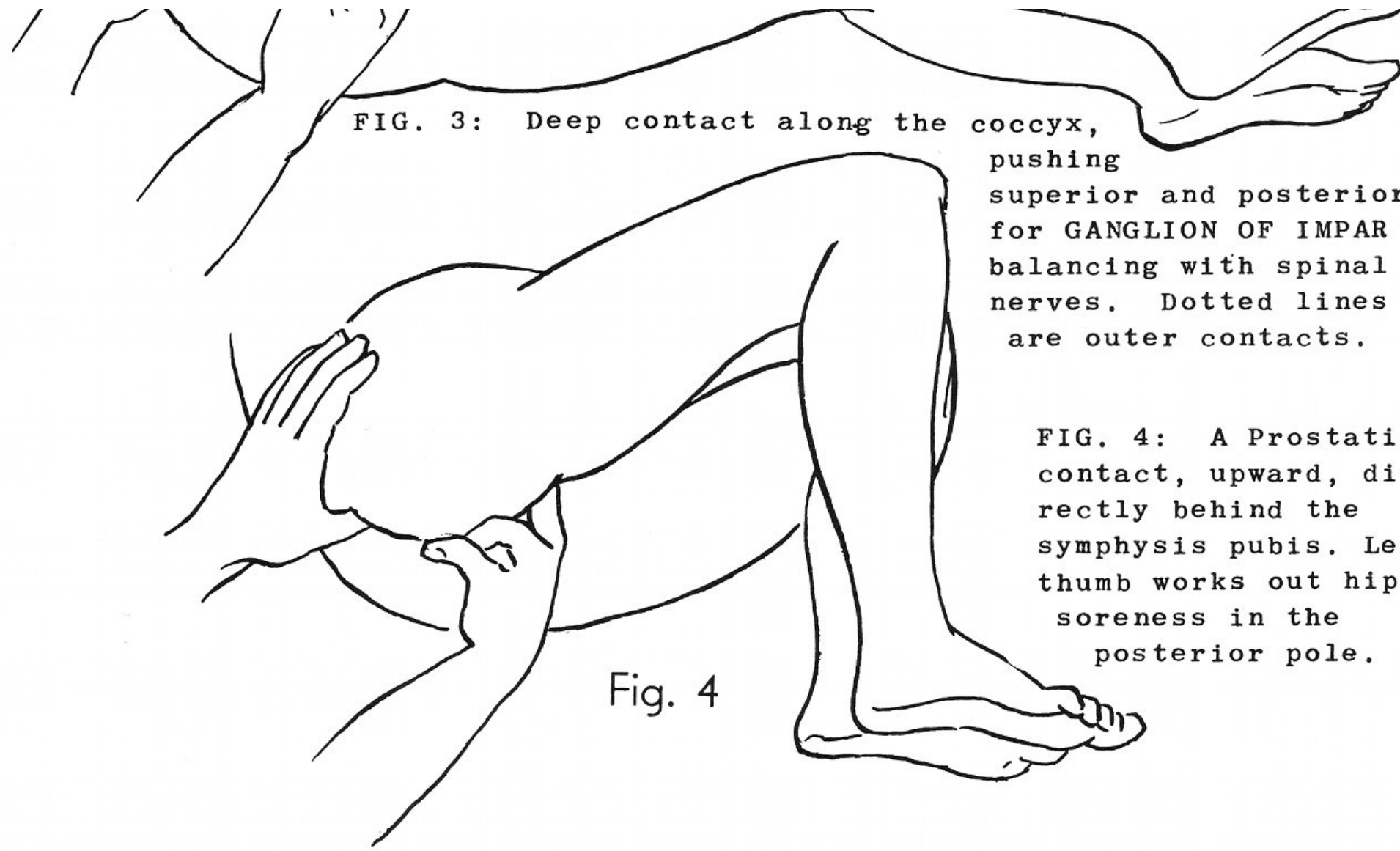


FIG. 3: Deep contact along the coccyx,

pushing
superior and posterior
for GANGLION OF IMPAR
balancing with spinal
nerves. Dotted lines
are outer contacts.

FIG. 4: A Prostatic
contact, upward, di-
rectly behind the
symphysis pubis. Left
thumb works out hip
soreness in the
posterior pole.

Fig. 4

CHART No. 15

VITAL SPINAL BALANCING VERTICAL AND LATERAL

Fig. 3 shows a double, lateral contact for balancing one side with the other.

Fig. 1

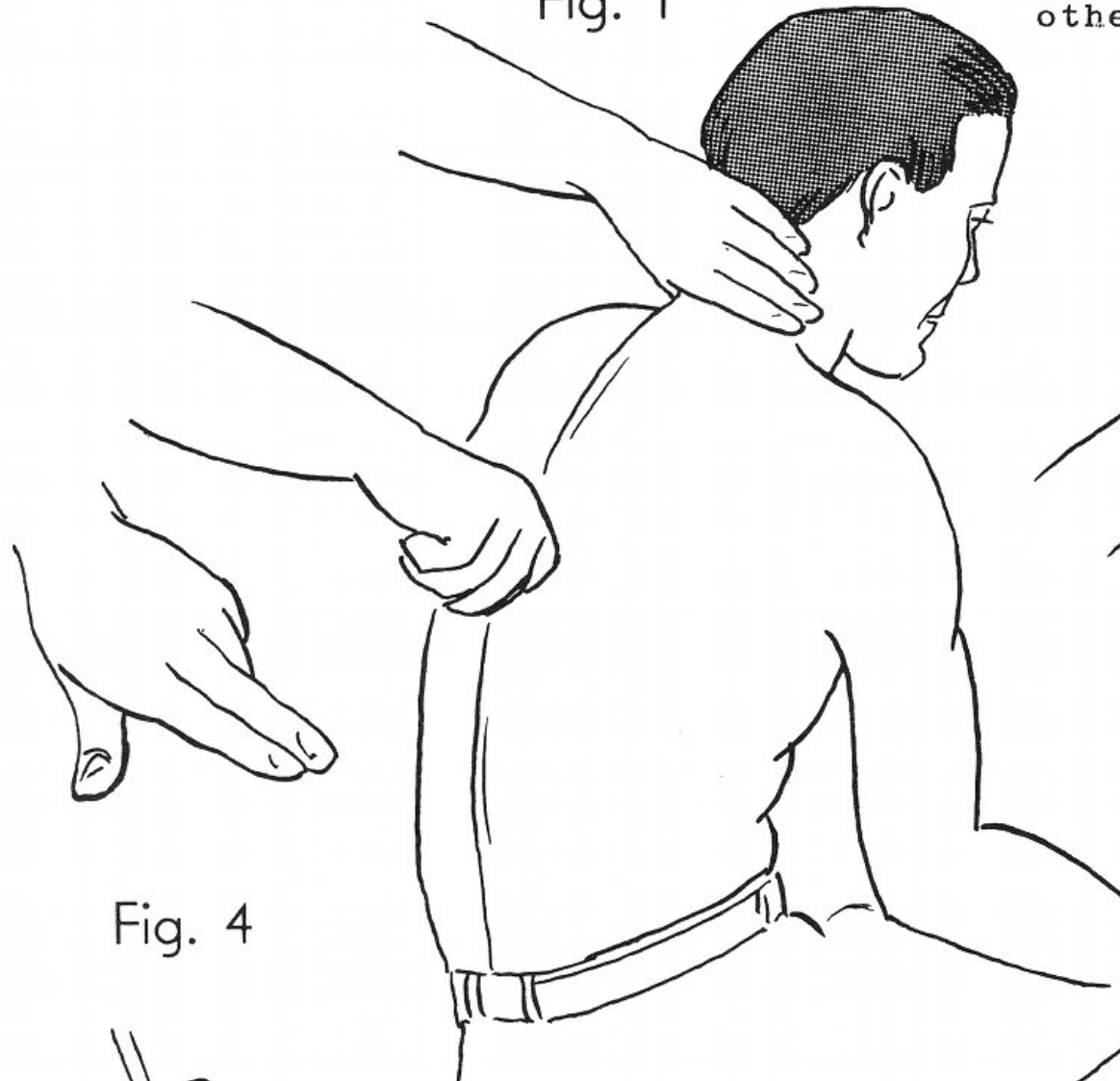


Fig. 4



Fig. 1 shows the finger

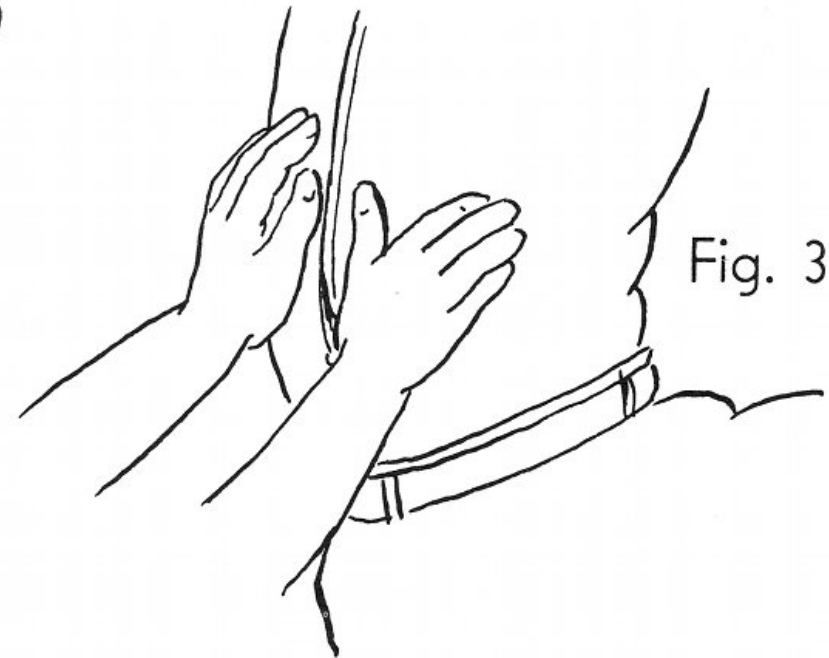


Fig. 3





Fig. 1 shows the finger position in the double contacts, 1 & 2, for a superior-inferior balance per Chart No. 2.

Fig. 2

Fig. 4 shows position of both hands for spinal contacts - above and below - per figures 1 & 2

Dotted lines on head and hip in Fig. 2 are for Parietal Contact with Innominate Contact.

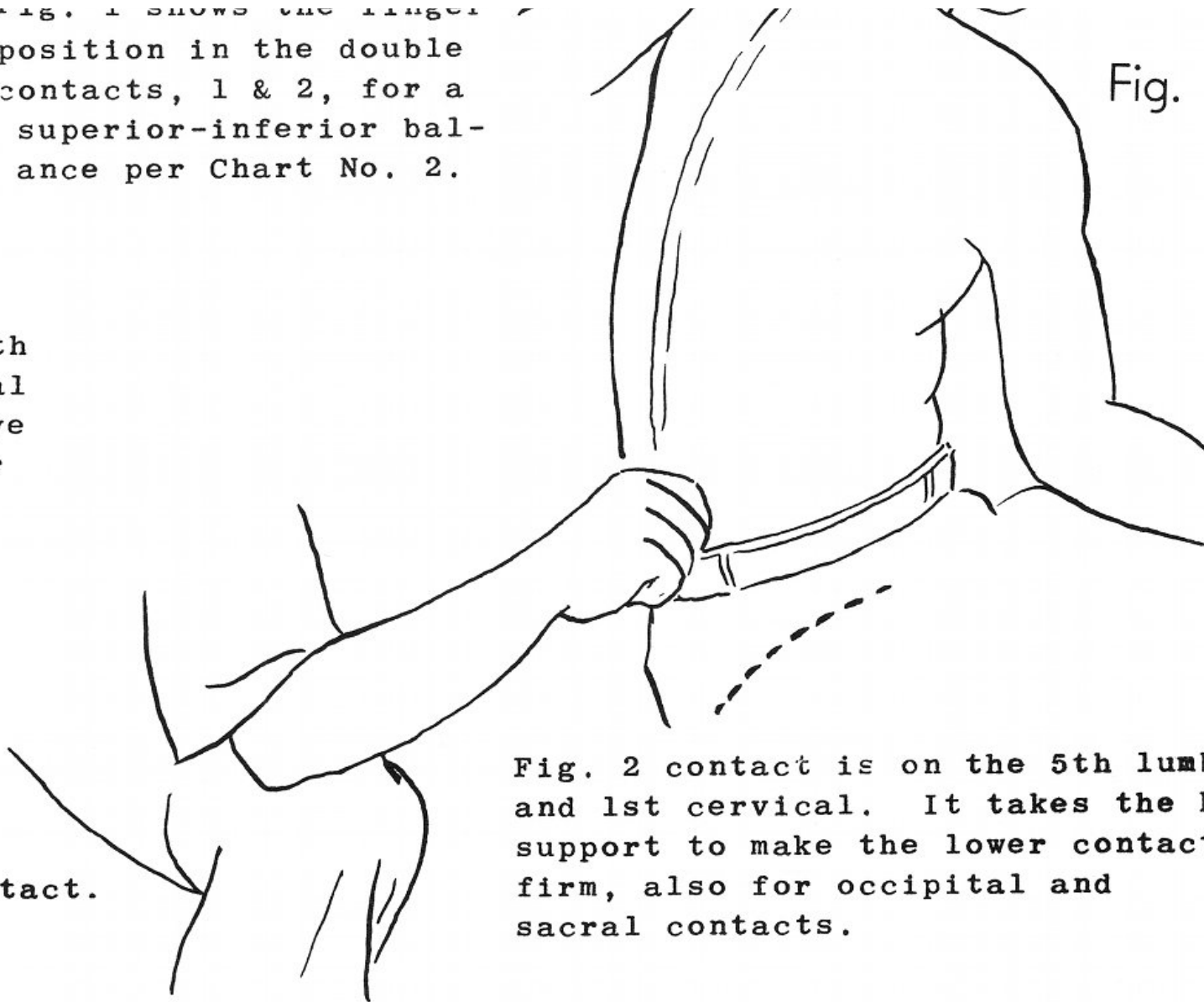


Fig. 2 contact is on the 5th lumbar and 1st cervical. It takes the knee support to make the lower contact firm, also for occipital and sacral contacts.



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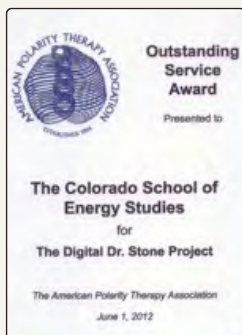
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Explanation of [Chart No. 15](#)

Vital spinal balancing, while the patient is in a sitting position, is a most helpful way to do good work to relieve some one, where there are no conveniences. It is a 'Countryside Technique' which can be done while the patient is sitting on any ordinary chair or stool.

This therapy is very applicable for relief of indigestion and many acute conditions. [Vital balancing of energy currents](#) is all that is intended here, and it works much easier than our previous 'Countryside Technique', illustrated in [Charts 45-50](#) in Book 2. Gases will be released, and the belching relieves the indigestion at once.

Double contacts are used here for convenience. The top is balanced with the middle pole, or with the bottom, its negative pole.

Then a double thumb contact goes along each side of the spine, on sore areas, for lateral balance. This also helps to move the gases that are stagnant and lodged in the stomach, in the bowels and in the tissues.

For the lower contact the elbow is supported by the knee, to make the gentle lifting motion easier.

CHART No. 16

BALANCING SPHENOID AND COCCYX VITAL CURRENTS

A Neuter Contact at the root of the nose, for the Superior Anterior Pole through the Sphenoid, the Ethmoid & the Nasal bones.

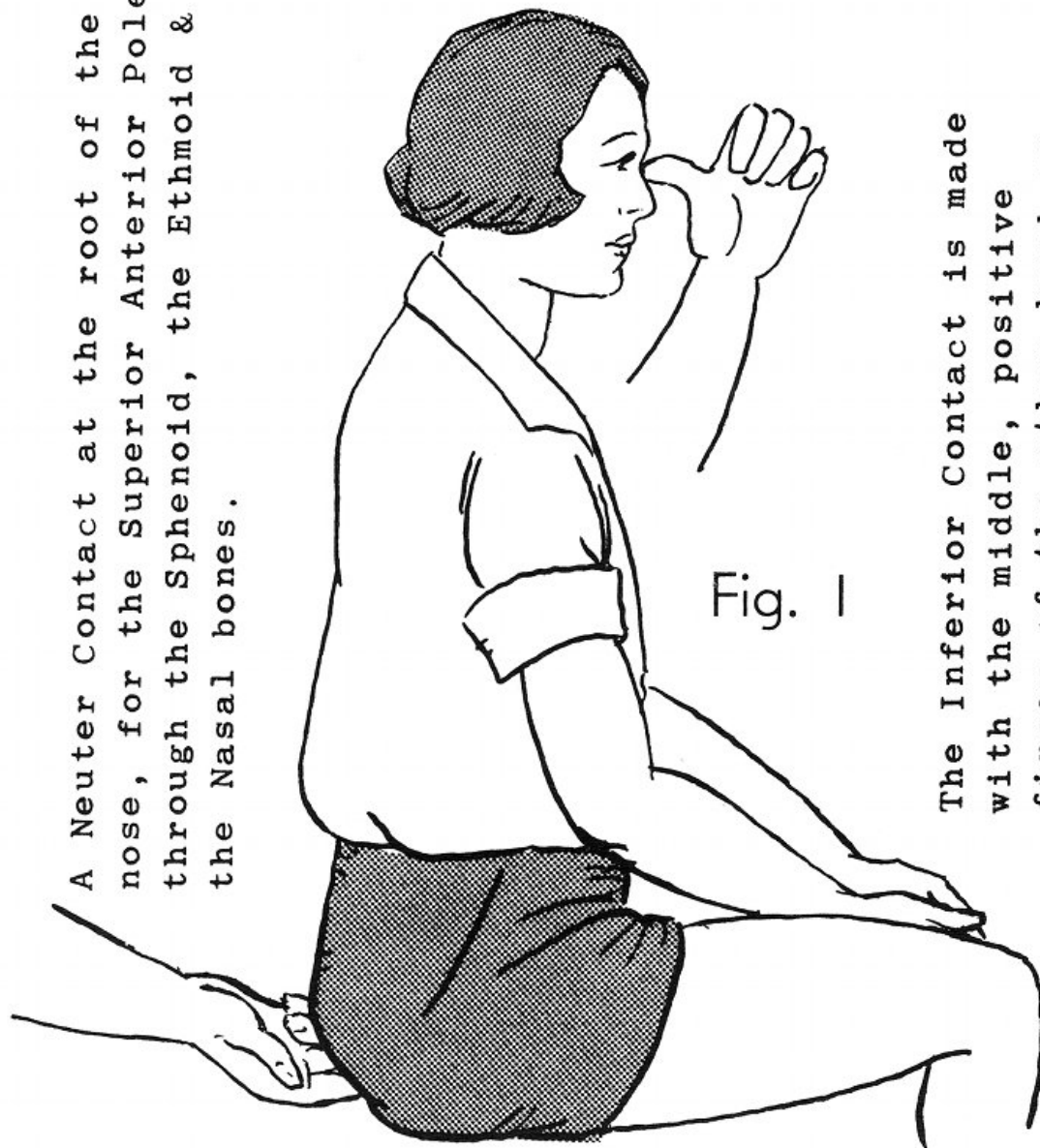


Fig. 1

The Inferior Contact is made with the middle, positive finger of the other hand on the tip of the Coccyx.

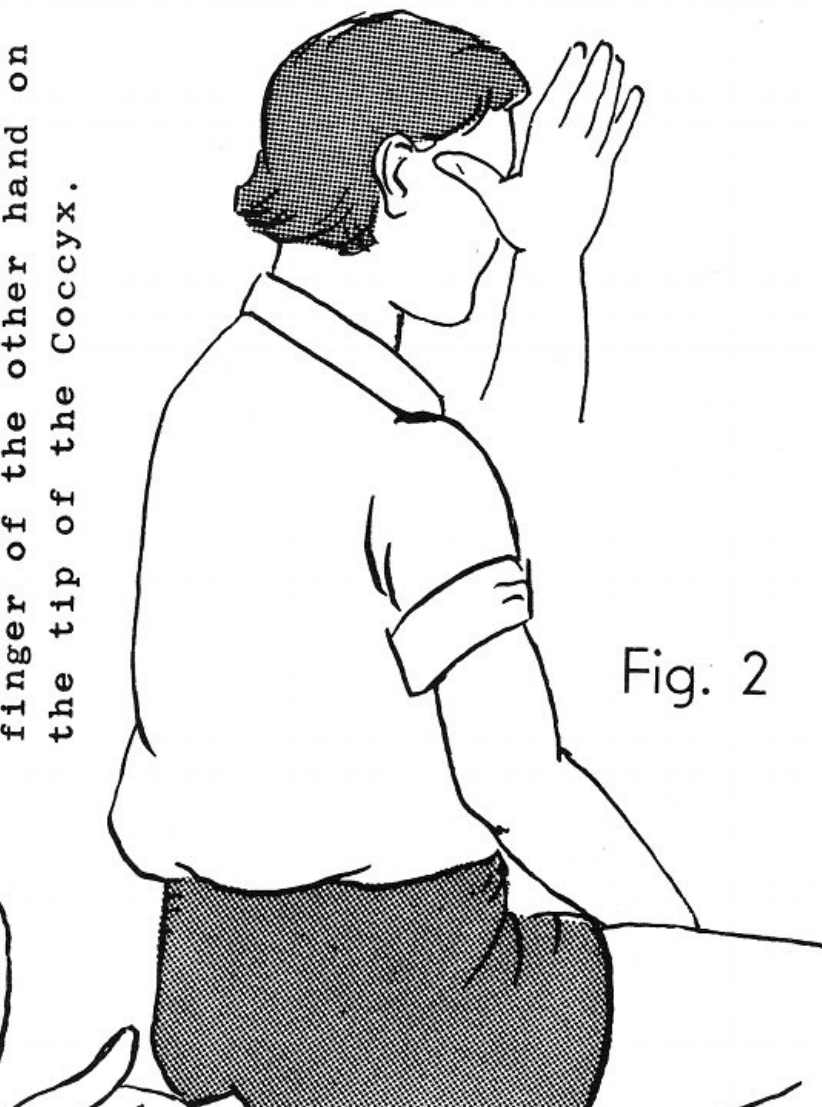
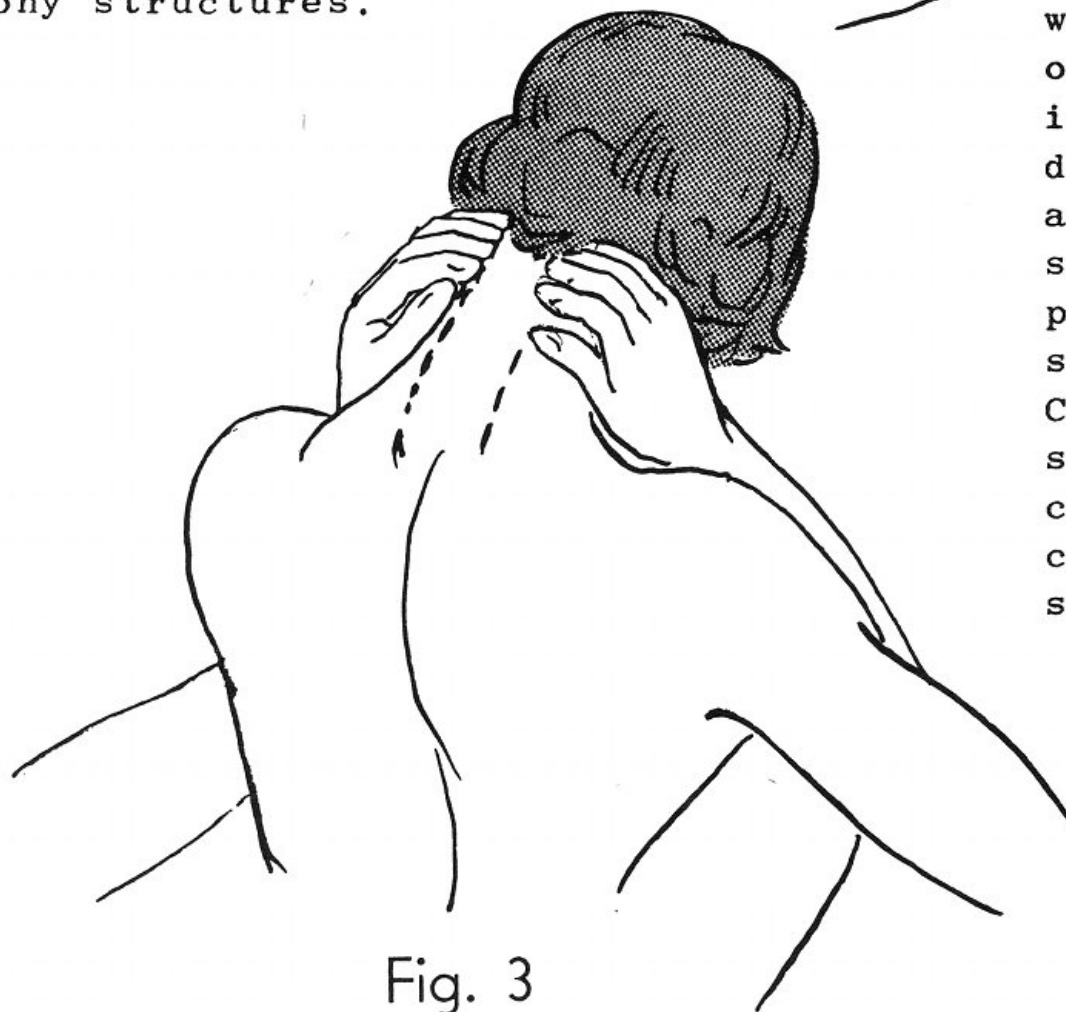


Fig. 2

See Chart No. 18 in this book for relationship of bony structures.



A Lateral Contact with the thumb on the right wing of the Sphenoid bone. The Inferior Contact is made with the middle finger of the left hand, with a gentle pressure on the left side of the Coccyx. When the Superior contact is on the left side of the head, the Inferior Contact will be made on the right side of the Coccyx. The lateral currents cross over, so these contacts are made on opposite sides of the body.

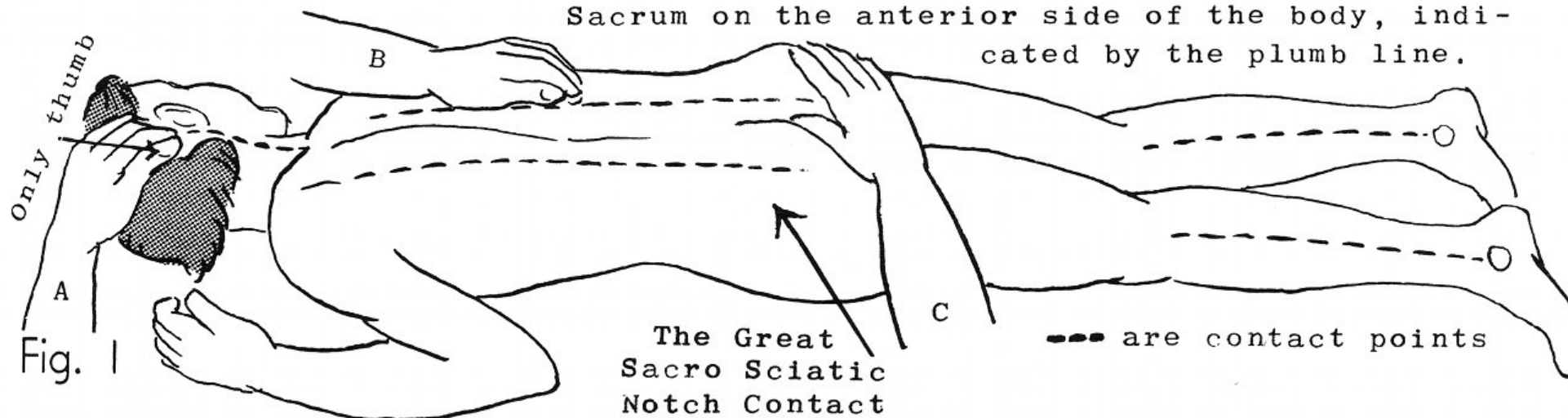
Fig. 3 shows firm finger contacts on both sides of the laminae together with a gentle stretch for tension release and current flow, WITHOUT ADJUSTMENT. For adjustments, see Book 2, Charts 45 to 50.

CHART No. 17

BALANCING OCCIPUT AND SACRUM

WITH THE NECK, BACK AND LEG POLARITY FIELDS

Fig. 1: A- Contact on the Occiput is made with the thumb on the sorest spot on that side. The fingers may rest on the head, or may be extended like an aerial. B- The hand on the back can be used with the upper or the lower contact. C- The right thumb contacts the Apex of the Sacrum on the anterior side of the body, indicated by the plumb line.



C- contact is deep, alongside the Coccyx, in an upward, lifting direction, with a slight outward angle toward the shoulder.

Dotted lines on head and hip in Fig. 2 are for Parietal Contact with Innominate Contact.

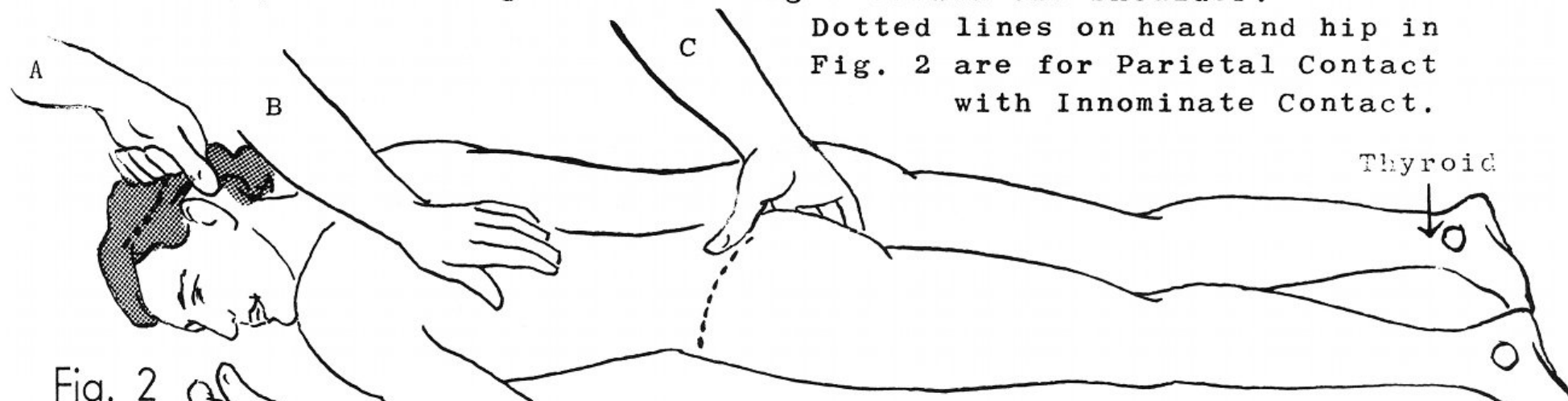


Fig. 2: Contacts A&B are similar to that shown in Fig. 1. This is the posterior side of the body. Contact C is therefore on the posterior Sacro Iliac articulation with the thumb and the fingers, in a gentle, lifting grip on the glutei, like taking a handful downward and inferiorly with the thumb, like a pull.

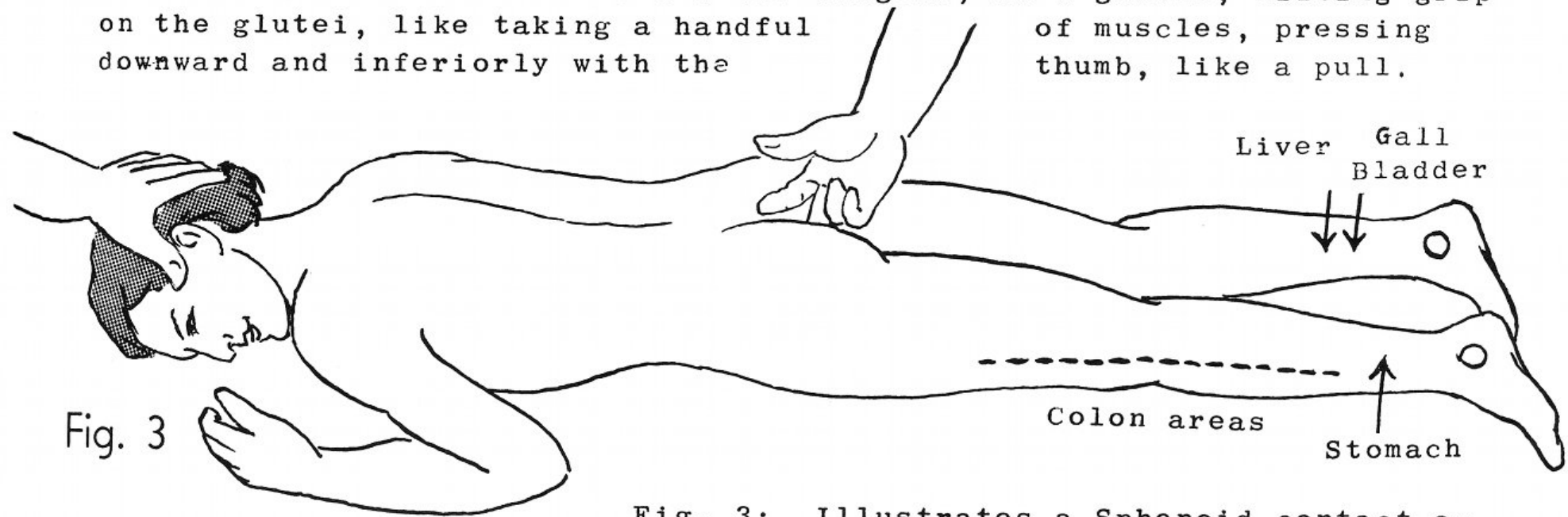


Fig. 3

Fig. 3: Illustrates a Sphenoid contact above, the same as in the sitting-up position. The middle finger of the right hand is on right side of the Coccyx, pushing toward the middle. The dots and arrows on the legs are all contact points for any combination, with Superior or Central contacts on the body.

CHART Nº.18

OCCIPUT AND SACRUM, SPHENOID AND COCCYX RELATIONSHIPS

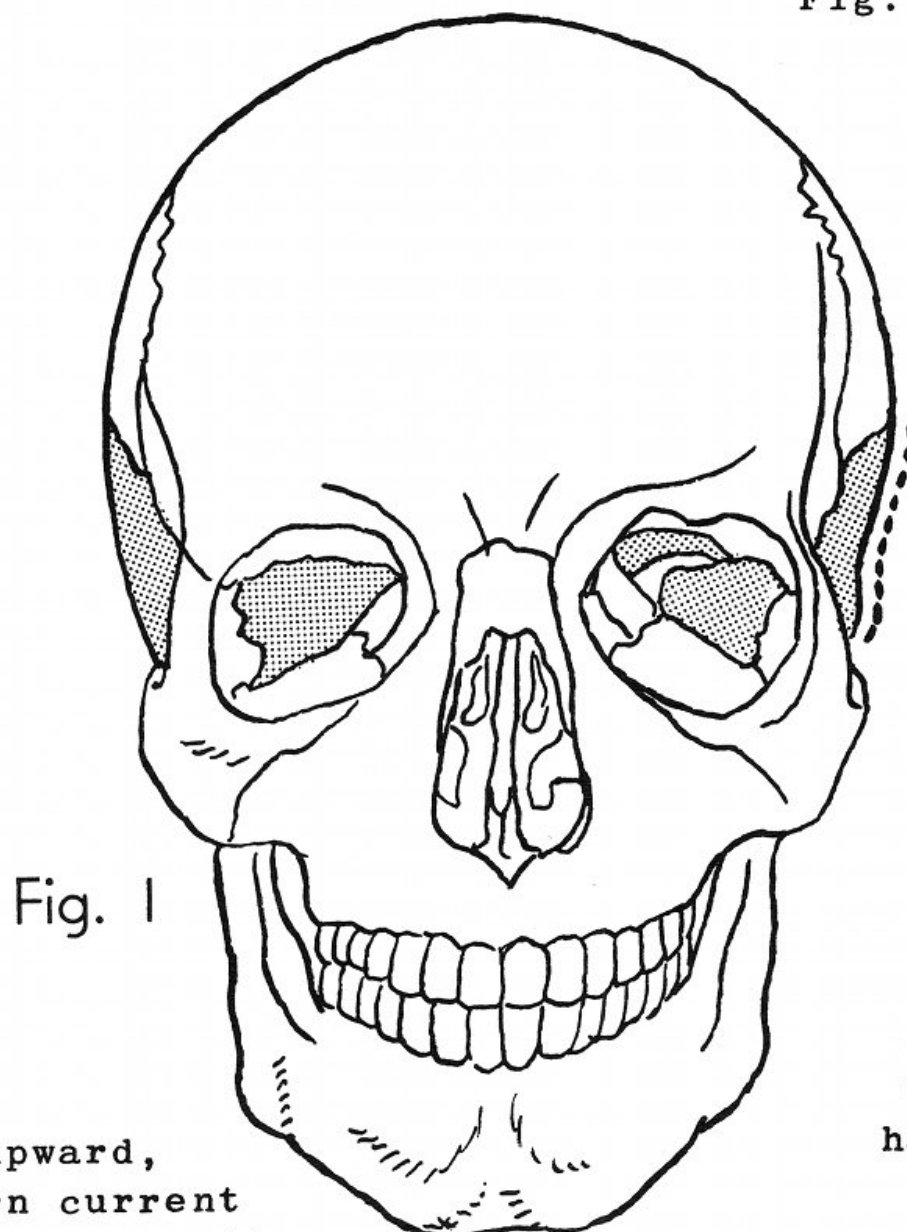


Fig. 1

Fig. 1 shows the Sphenoid bone areas on the skull, anteriorly, and the Great Wings, laterally. It is known that even a light pressure on the eyeballs changes the pulse beat. Whether the Sphenoid is a factor in this is not yet determined.

The Great Wing on each side of the head is a contact point for balancing the Spinal Current with the Coccyx on the opposite side. Being on the side of the head, the current crosses over to the other side, below.

Fig. 2: The top of the head, at the Sutures, marked 'X', is also a free thumb contact point for the Central Axis Current in the body, together with a gentle contact on the tip of the Coccyx with the middle finger of the other hand. The right hand below favors

the upward,
return current



from the Positive
finger of the Positive hand, to
the Neuter thumb of the left or
Negative hand. Reversing the
hands, favors the downward
impulse of ENERGY WAVES.

The rela-
tionship
of the
Occiput and
the Sacrum,
and the
Sphenoid and
the Coccyx is
illustrated here
as a continuation
of articulations.

Response of Currents to Contacts

verifies this geometric arrangement, from the top of the
spine to the bottom, as shown in Chart No. 2 in this book.

--- = Contact points in Center and on both sides.

Right side of Coccyx, left Sphenoid.

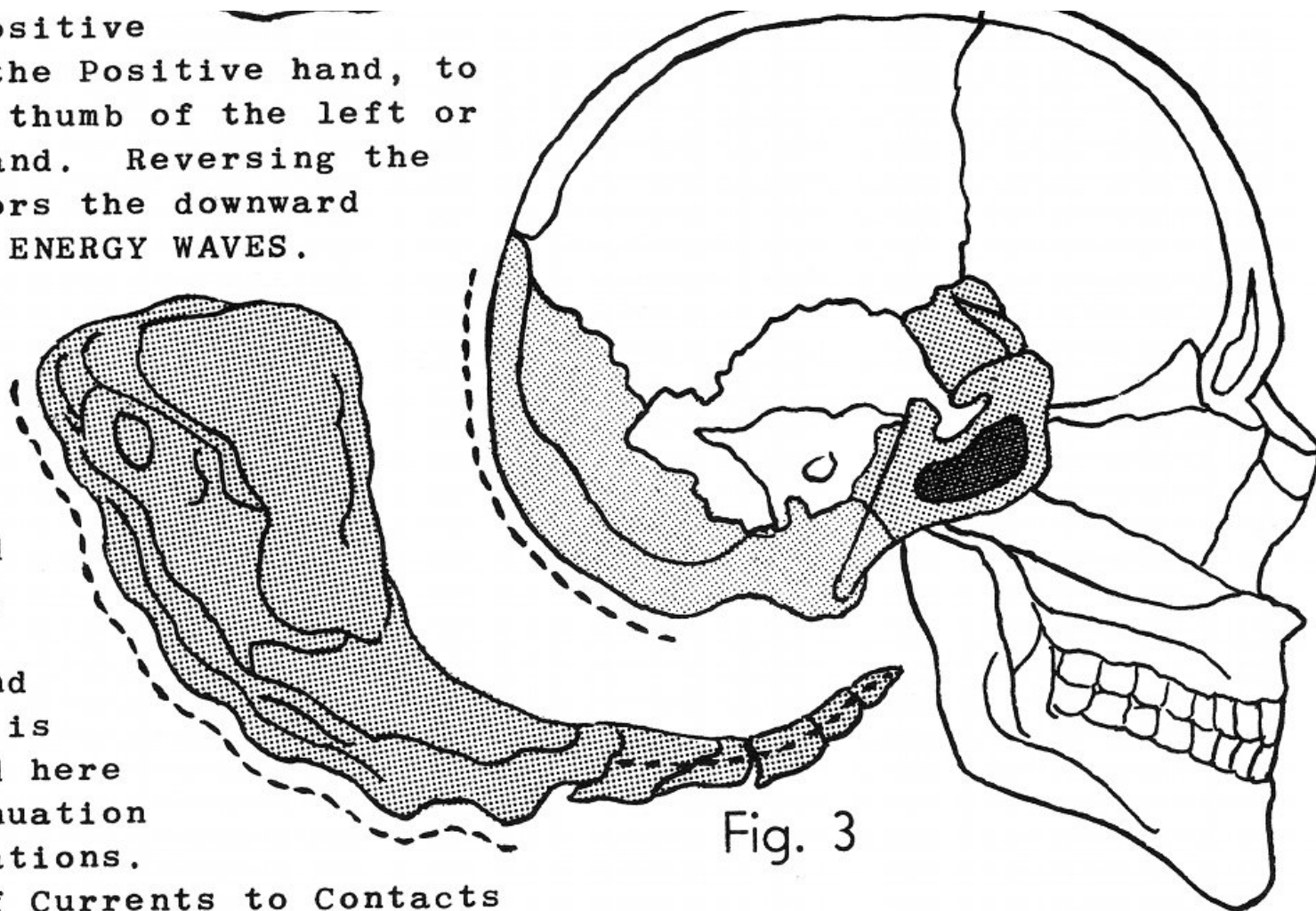


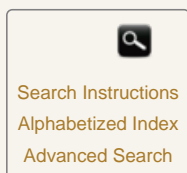
Fig. 2

Fig. 3



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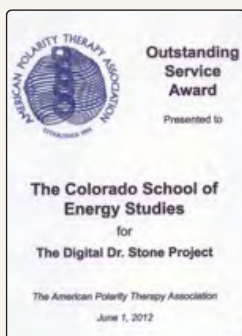
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Explanation of [Chart No. 19](#)

The posterior and bony structure of each foot is compared as closely as possible in its polarity response areas to the head, the neck and the back. The total vertical relationship of the feet to each side of the body is given here.

In [Chart No. 8](#) we place the head into the four oval spaces of the body, for relationships and corresponding poles of expressions. Here we place the feet on the back for the same reason of sum total polarity reactions from below, upwards, and from above, downwards, as motor impulse relationships.

For the Anterior relationships, see [Chart No. 4](#) in Book 2, "The Wireless Anatomy of Man".

This chart expresses both, motor and sensory impulse relationships, from top to bottom and from the bottom of the feet to the front of the body, as sensory areas of location as well as posterior identification of motor currents. For functional impulses and relationships, see [Chart No. 13](#) in Book 3, "Polarity Therapy".

It is literally true, and demonstrated here, that what we do not have in our head we must have in our feet. Also that the buttocks are the seat of sensory learning impulses. When visiting the famous Eaton College [Eton College] in London, I was amazed to discover that the old 'hickory stick' is still a fundamental factor in that great institution, to properly impress the 'seat of learning' on their students.^[1]

The foot is the finality of ENERGY FLOW EXPRESSION of each half of the brain's hemisphere. It is the end of the circuit of Vitality and of the Circulation. Motion and the spring of life are expressed here, even as the glutei express the muscle sense of balance for driving and sense proportion, through the impulses received from the object they sit on.

A good aviator or bus or truck or auto driver 'feels' his vehicle through this contact, by its slightest impulses and response to power and motion. That also is the reason for having a swivel chair or a movable seat to sit on at the desk. It accomodates [accommodates] brain impulses as a muscle sense expression, and saves much fidgeting and restlessness. That is also the reason why adjustable automobile seats are more restful than stationary seats.^[2]

Thinking is motion of mind substance which must be accomodated [accommodated] as expression of some type in body motion, to balance the

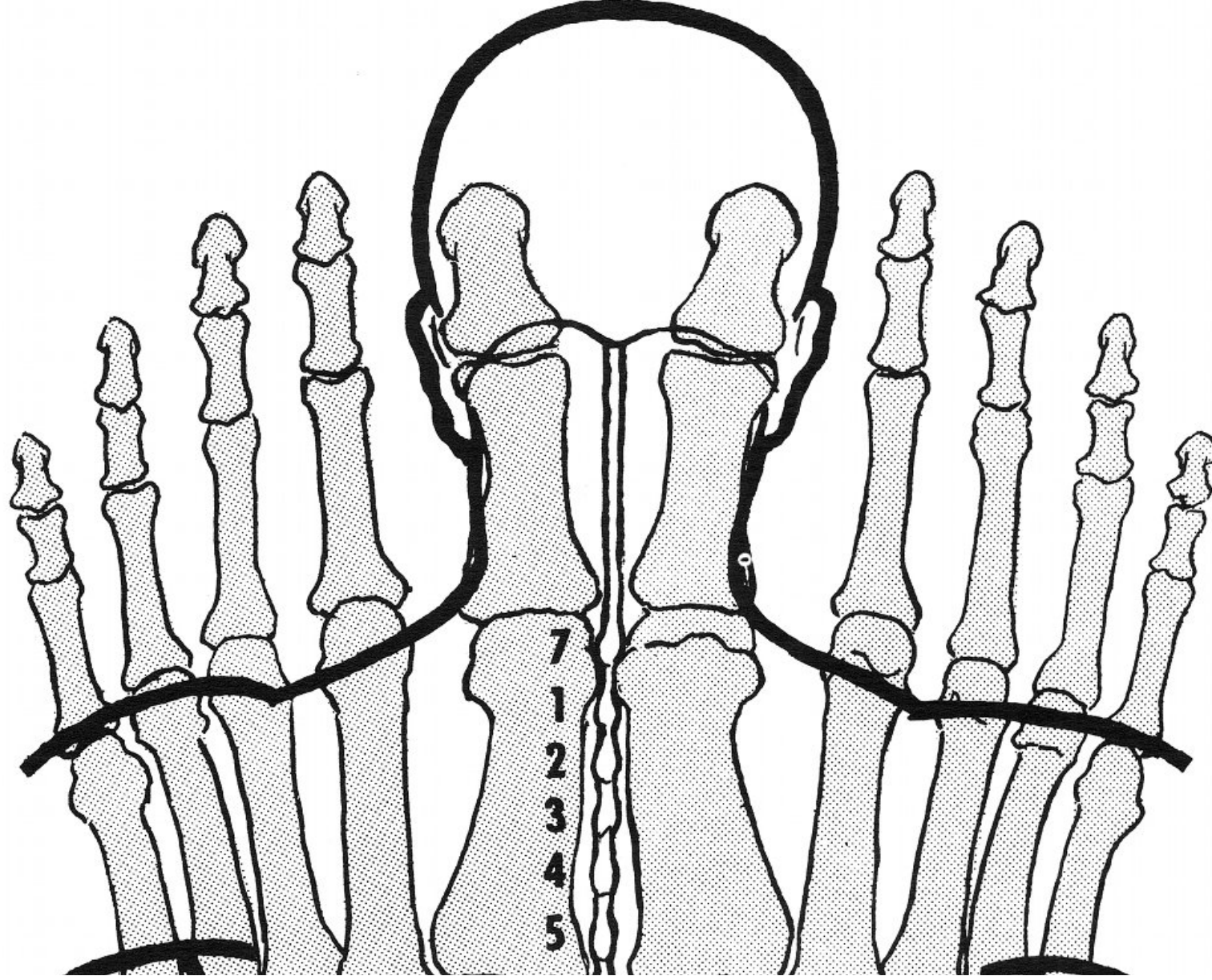
¹ Corporal punishment was discontinued at Eton College in the 1980s. Tamasic stimulation of the negative pole, such as spanking, may have theoretical value from an energy perspective as a way to unlock mental fixation. However the high likelihood of creating psycho-emotional trauma more than negates the potential benefit, so this old-fashioned method of correction is not recommended.

² The modern approach to ergonomics and ergodynamics also recommends adjustable seats to maximize the comfort and safety of drivers.

CHART No. 19

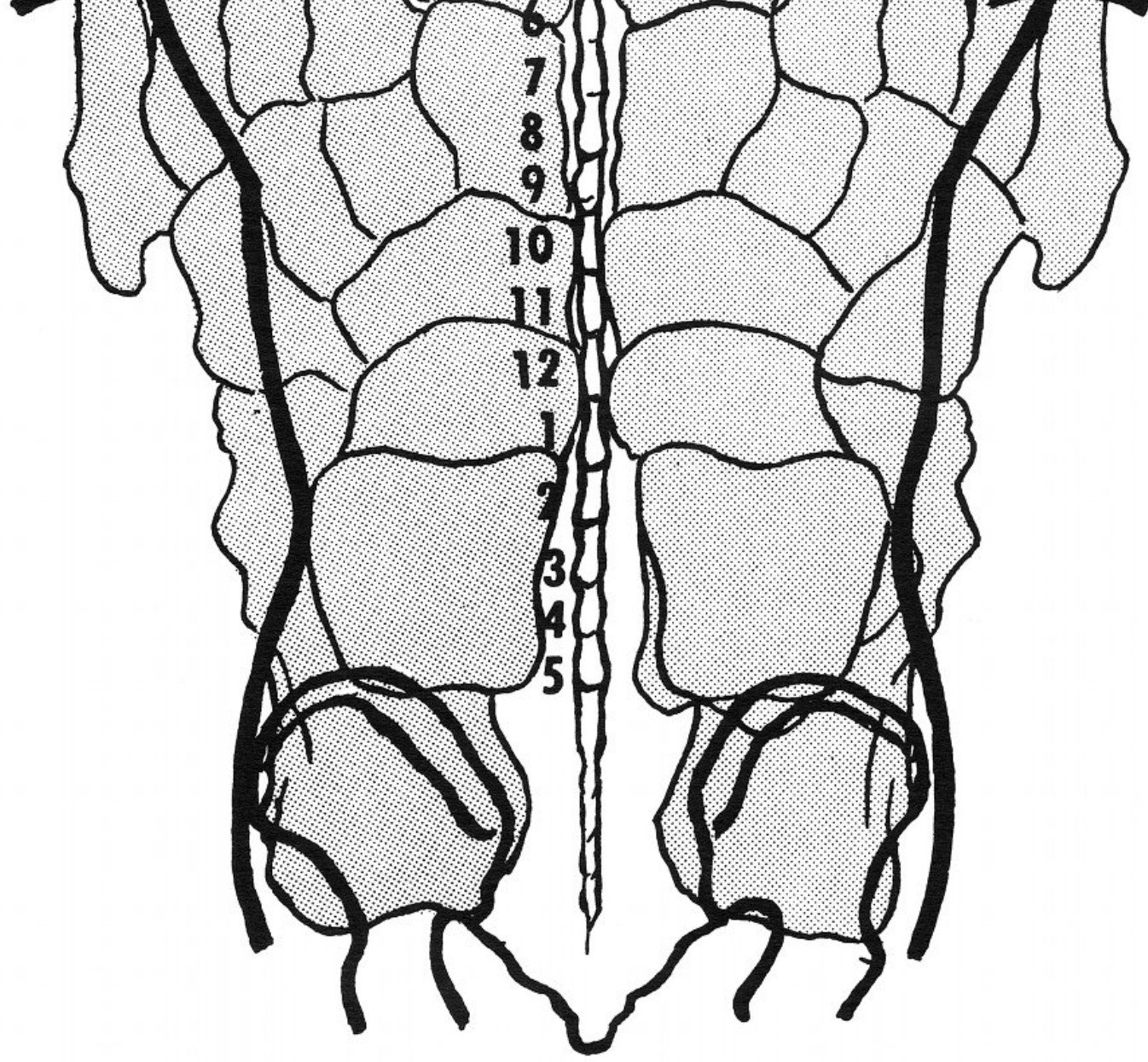
POSTERIOR RELATIONSHIP OF THE HEAD, NECK AND BACK TO THE FEET

al influence on the back, through the exact
re. Many back pains can be relieved by a
ame time, thus balancing the Vital Energy



NCIPLE OF ENERGY FLOW, as vital circuits in
ern currents which built the body and main-
in the same position on the back to reveal
to. 4 in Book 2.

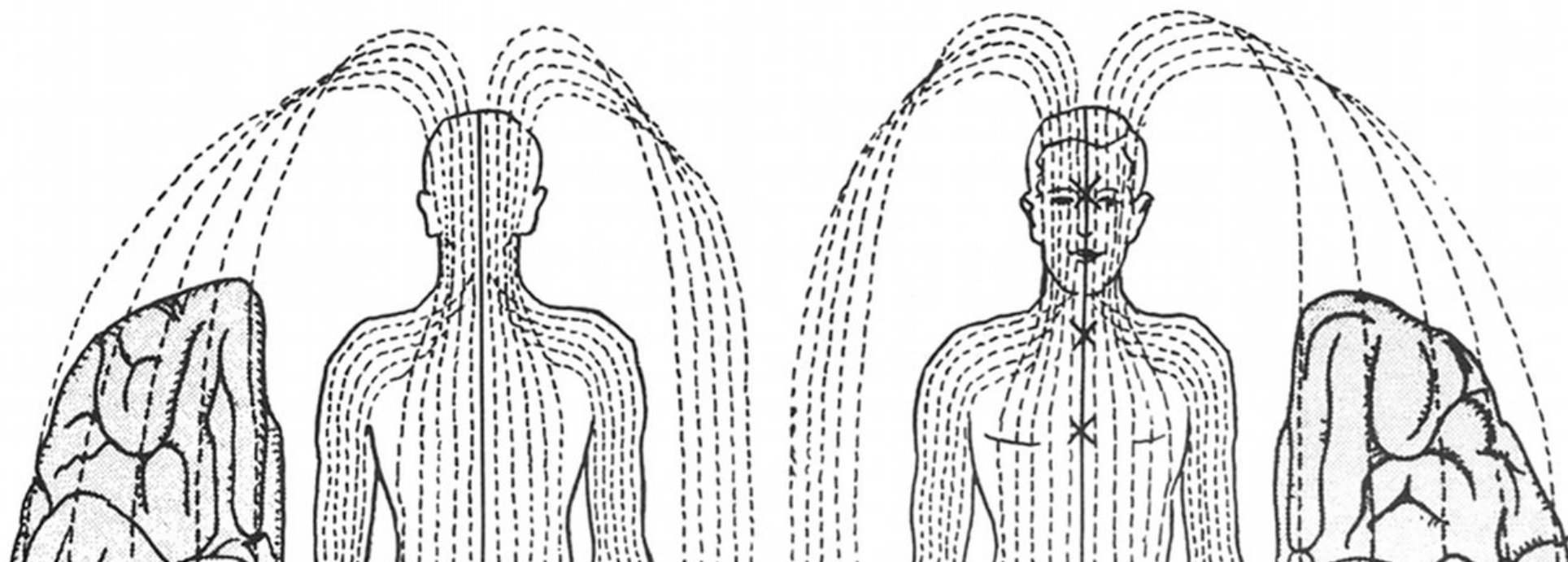
The tops of the feet have a powerful regions of correspondences shown he firm contact on both areas at the s Currents.

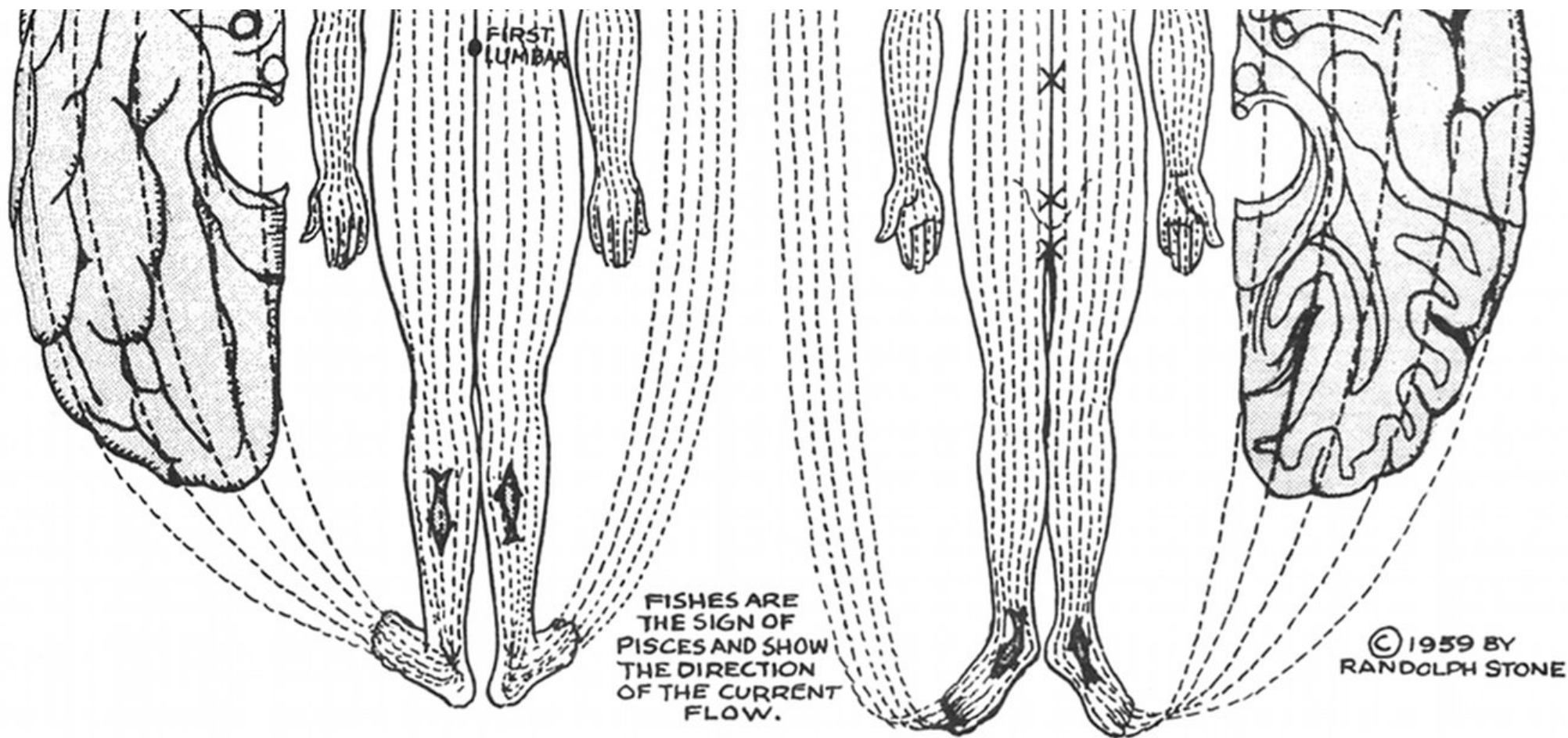


This works through the POLARITY PRI the body. They are the fetal patte tain it. Both hands can be placed their polarity fields. See Chart N

EVOLUTIONARY ENERGY SERIES

EVOLUTIONARY MIND ENERGY FLOWS FROM THE MIND PRINCIPLE OVER THE BRAIN AND THE NERVOUS SYSTEM AS PRIMARY ENERGY WAVES. SECOND, AS CONDUCTED IMPULSES OVER INSULATED NERVES LIKE WIRES FOR ALL SPECIFIC PHYSIOLOGICAL FUNCTION. THIS SERIES OF EVOLUTIONARY ENERGY CHARTS SHOW MIND AND LIFE IMPULSES FLOWING OVER THE BODY LIKE WAVES. THEY LOOK LIKE A WHEEL WITHIN A WHEEL ALMOST AS THE PROPHET EZEKIEL SAW THEM WITH LIFE ENTHRONED IN THE CENTER. THE FIERY LIFE CENTER IN THE UMBILICUS LINKS THE ENERGIES INTO PHYSICAL LIFE THROUGH THE UMBILICAL CORD FROM THE MOTHER INTO THE EMBRYO. IT IS THIS CYCLE OF NOURISHMENT AND ENERGY WHICH BUILT THE EMBRYO IN A PERFECT NEUTRAL POSITION IN THE WOMB. WHEN THE CORD IS CUT, THE BABY IS AN INDIVIDUAL AND FUNCTIONS ON THE PERPETUATION OF THIS ENERGY CYCLE BY TAKING NOURISHMENT DIRECT. THIS PRIMARY VITAL IMPULSE IS THE MOST IMPORTANT FIERY ELEMENT IN OUR LIFE FOR DIGESTION OF FOOD, ASSIMILATION, ELIMINATION AND OXIDATION. THESE ARE THE HEALING REPAIRING AND BUILDING FACULTIES IN OUR BODIES. THEY ARE UTILIZED AS A THERAPY TO KEEP THIS VITAL ENERGY FLOWING WHEN OBSTRUCTED IN ILLNESS AND BY DISEASE. IT IS TRULY A VITAL APPROACH TO RELEASE VITAL FORCES PRIOR TO CHEMISTRY AND MECHANICS.





EVOLUTIONARY
SERIES
CHART NO. 1

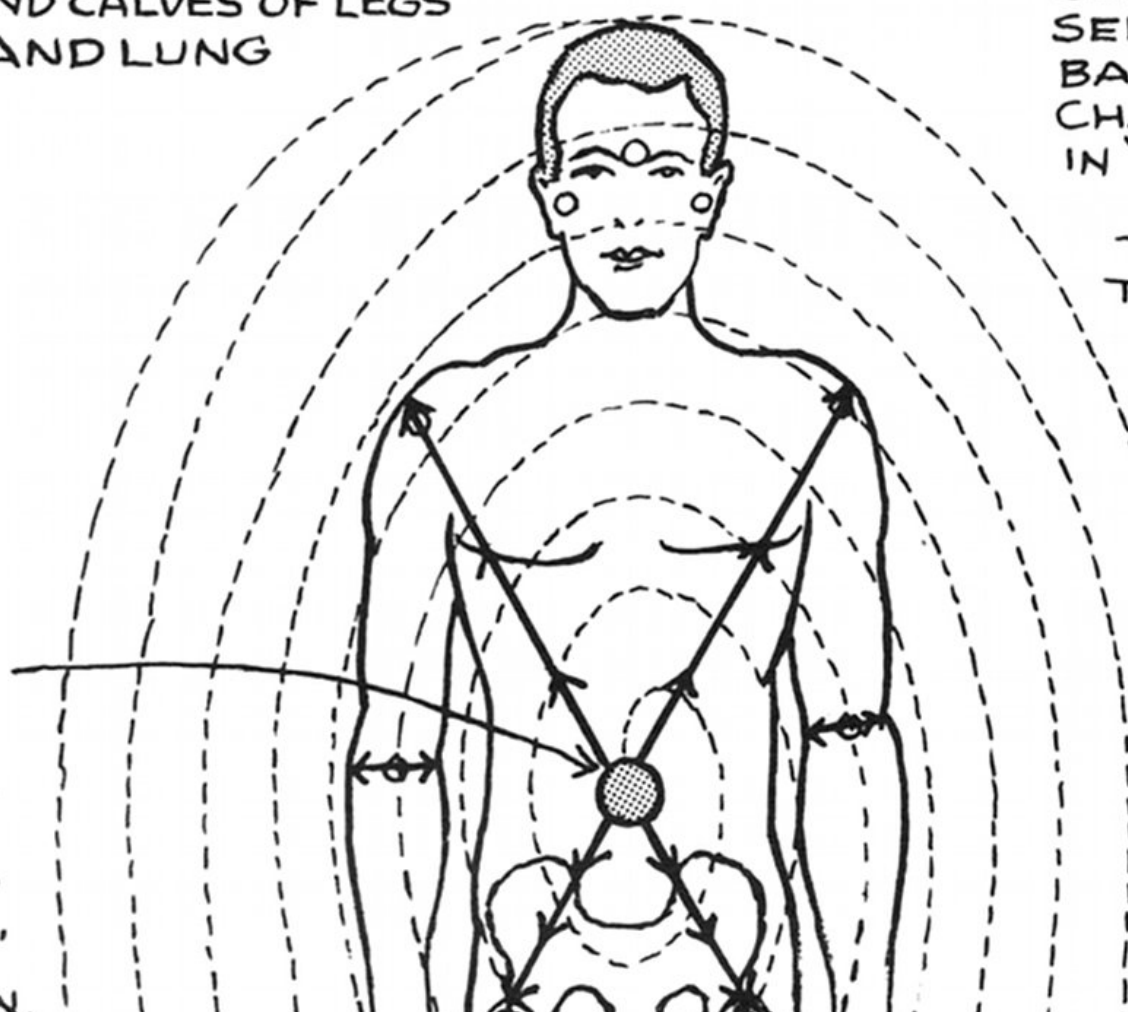
STANDING ON THE RIGHT SIDE AND MAKING A RIGHT HAND WHIRL, THE CURRENTS TRAVEL DOWNWARD IN FRONT AND UPWARD ON THE BACK. STANDING ON THE LEFT SIDE THEY TRAVEL UPWARD IN FRONT AND DOWNWARD ON THE BACK. THERE IS A CROSSOVER IN EACH OVAL CENTER WHERE THE CURRENTS POLARIZE AS THE CAOUCEUS CURRENTS OF THE SUN AND MOON ENERGY OR THE RIGHT AND LEFT BREATH THROUGH EACH NOSTRIL. SEE CHARTS NO. 1-2-3-5-6-7-8-9 AND 60 IN "WIRELESS ANATOMY."

EVOLUTIONARY RADIATING VITAL ENERGY
WHICH SUSTAINS ALL BODY FUNCTIONS. ANTERIOR WAVES
FROM THE CENTER OUT AND CONTACTS FROM THE UMBILICUS.
OTHER SENSORY CENTERS FOR CONTACTS - THE PERINEUM,
UVULA, TOP OF HEAD, PALMS OF HANDS, SOLES OF FEET.

THIGHS AND UPPER ARMS
ARE DIGESTIVE REFLEXES AND
FOREARMS AND CALVES OF LEGS
ARE CHEST AND LUNG
REFLEXES.

MOTOR JOINT AREAS
CAN BE USED WITH
SENSORY CONTACTS TO
BALANCE BOTH. SEE
CHART NO. 4 - PAGE 45
IN "POLARITY THERAPY"

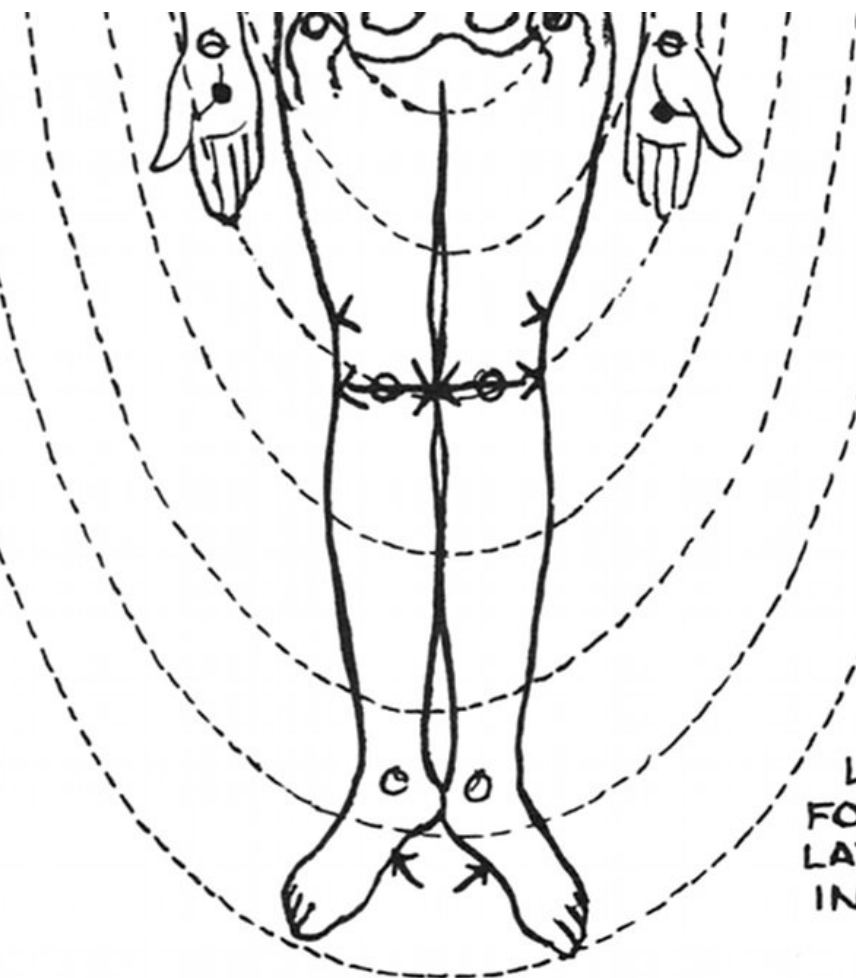
RED VITAL
CURRENTS OF
ENERGY FLOW
AS THE FIRE
OF LIFE AND
NOURISHMENT.
THE CENTER
OF DIGESTION,
ASSIMILATION,
ELIMINATION
AND OXIDATION



THE EMOTIONS ARE
THE NEUTRAL ETHERIC
LIFE PRINCIPLE AND
THE INVOLUNTARY
ACTIONS AND REACTIONS
OF THE VEGETATIVE
NERVOUS SYSTEM.
THEY CONSTITUTE
THE UNCONSCIOUS
CELLULAR LIFE
IMPULSES AND
BEHAVIOR.
TENDERNESS ON
TIP OF SPINOUS
PROCESS SHOWS A
CONGESTION IN THE
MENINGES AND A
STAGNATION IN THE

AND OXIDATION.
LIGHT PRESSURE
WITH A GENTLE
SENSORY TYPE
TOUCH CONTACT ON
POLARITY CENTERS
IS RELAXING AND
SOOTHING TO NERVOUS
PATIENTS AND TO
OVERSTIMULATED AND
IRRITATED TISSUES.
TENSE PERINEAL
MUSCLES ARE CHRONIC
EMOTIONAL REFLEXES

EVOLUTIONARY
SERIES
CHART NO. 2



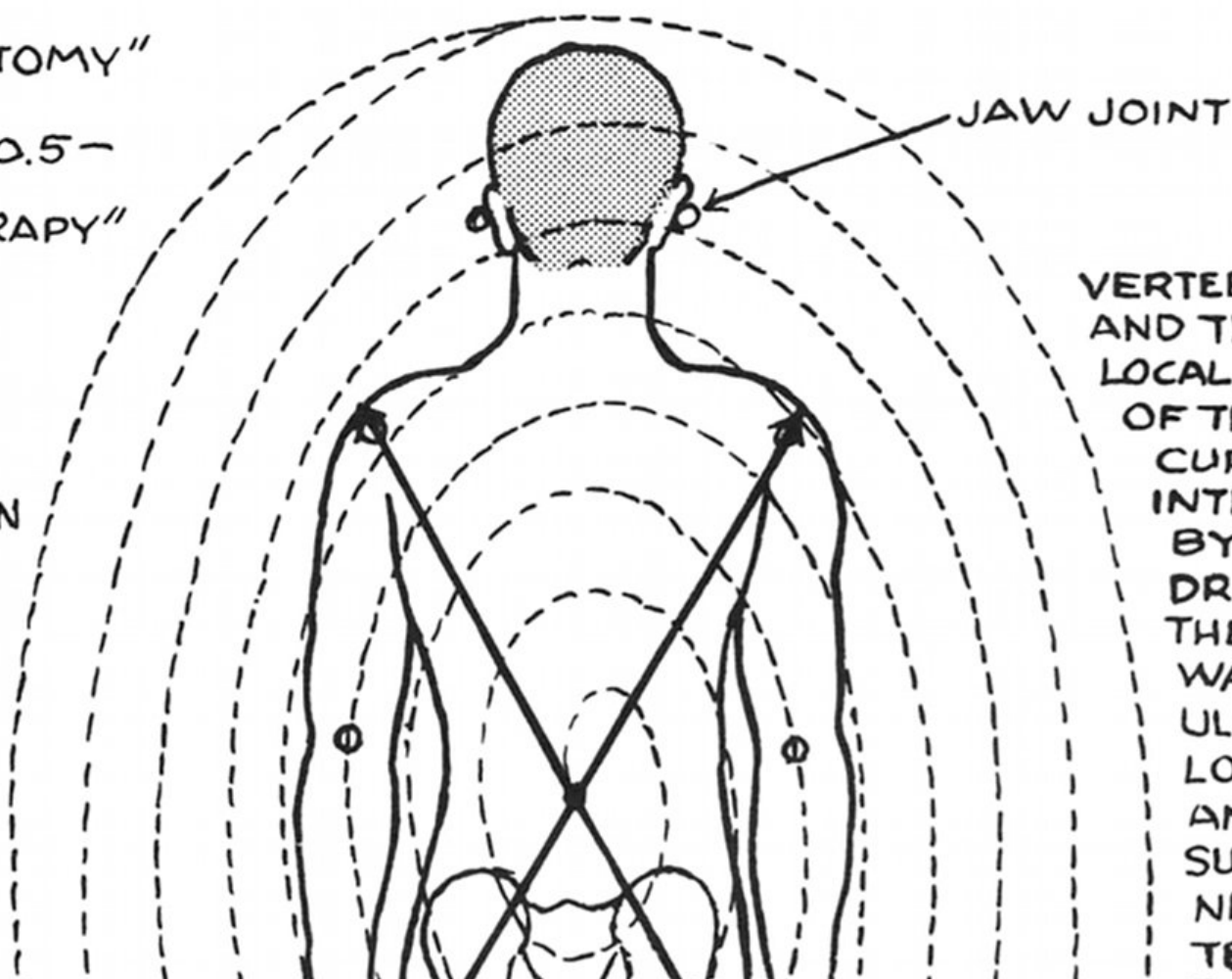
CEREBRO SPINAL
FLUID AS THE
CENTRAL CORE
ACTION FROM THE
LIFE PRINCIPLE
IN THE VENTRICLES
OF THE BRAIN.
LACK OF OXIDATION
STAGNATES THE LIFE
FLUIDS BECAUSE OF
INSUFFICIENT
RADIATION OF THE
FIERY LIFE ENERGY
MIXED WITH AIR TO
FAN IT. POLARIZING
THE BRAIN FACULTIES
FROM THE RIGHT TO THE
LEFT HALF CAN BE DONE
FOR BALANCING OR STIMU-
LATING ACTION. (TAUGHT
IN CLASS WORK).

POSTERIOR MOTOR CURRENTS OF VITAL ENERGY. SECOND AND THIRD LUMBAR SPACE IS THE BODY WEIGHT CENTER. SEVEN JOINT CONTACTS FOR MOTOR CURRENT RELEASE. ALSO CONTACTS ON BACK OF HAND AND TOP OF FEET TO CORRESPOND TO THE SPINAL MOTOR AREA.

SEE CHART NO.59—
PAGE 80 IN
"WIRELESS ANATOMY"

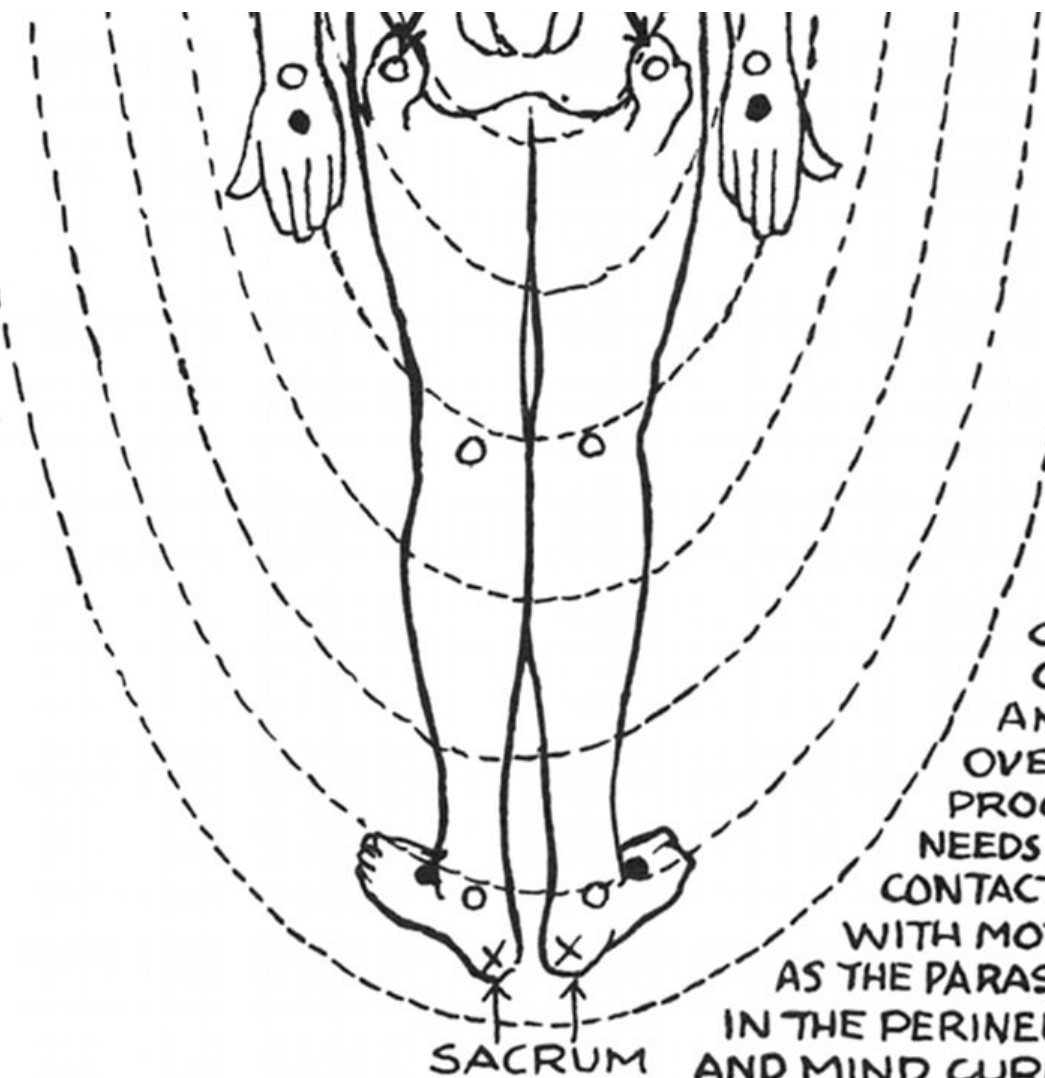
ALSO CHART NO.5—
PAGE 48 IN
"POLARITY THERAPY"

FIRM PRESSURE
WITH MOTION OR
RHYTHMIC VIBRATION
IS STIMULATING TO
TISSUES AND
PRODUCES BETTER
CIRCULATION AND
LYMPHATIC
DRAINAGE.
THE AIRY MIND
PRINCIPLE IS
THE VOLUNTARY
IMPULSE FOR
MOTION AND



VERTEBRAL SORENESS
AND TENSION ARE
LOCAL INDICATORS
OF THE NERVE
CURRENT
INTERFERENCE
BY LACK OF
DRAINAGE OF
THE FLUIDS AND
WASTE ACCUM-
ULATION IN THE
LOCAL TISSUE
AND ORGANS
SUPPLIED BY THAT
NERVE CENTER.
TENDERNESS OVER

MOTION AND
EXERTION.
IT EXPRESSES
ITSELF THROUGH
THE PARASYMPATHIC
NERVOUS SYSTEM
AS A BRAKING
IMPULSE TO
BALANCE THE
MENTAL EMOTIONAL
EXUBERATION.



EVOLUTIONARY
SERIES
CHART NO. 3

THE TRANSVERSE
PROCESS OF ANY
VERTEBRAE
INDICATES A
SYMPATHETIC NERVE
RESPONSE TO LOCAL
REACTION OF THE
TISSUES SUPPLIED
BY THAT CENTER.
THIS NEEDS A
GENTLE TOUCH TO
BALANCE IT WITH
THE SYMPATHETIC
CHAIN FROM THE
CENTERS ABOVE
AND BELOW. TENSION
OVER THE TRANSVERSE
PROCESS OF ANY VERTEBRAE
NEEDS A HEAVY PRESSURE
CONTACT AND A BALANCING
WITH MOTOR CENTERS AS WELL
AS THE PARASYMPATHETIC CENTERS
IN THE PERINEUM FOR EMOTIONAL
AND MIND CURRENTS RELEASE.

EVOLUTIONARY TREATMENT APPLIED

IT DISTRIBUTES THE FIERY ENERGY OF DIGESTION,
AIDS CIRCULATION AND CURRENT FLOW.

THE UMBILICAL CONTACT
RELEASES THE FIRE OF
OXIDATION AND CIRCULATION
FROM THE CENTER TO THE
CIRCUMFERENCE.

A SINGLE CONTACT ON
THE SOLE OF THE FOOT
CAN ALSO BE USED
WITH THE UMBILICAL
CONTACT

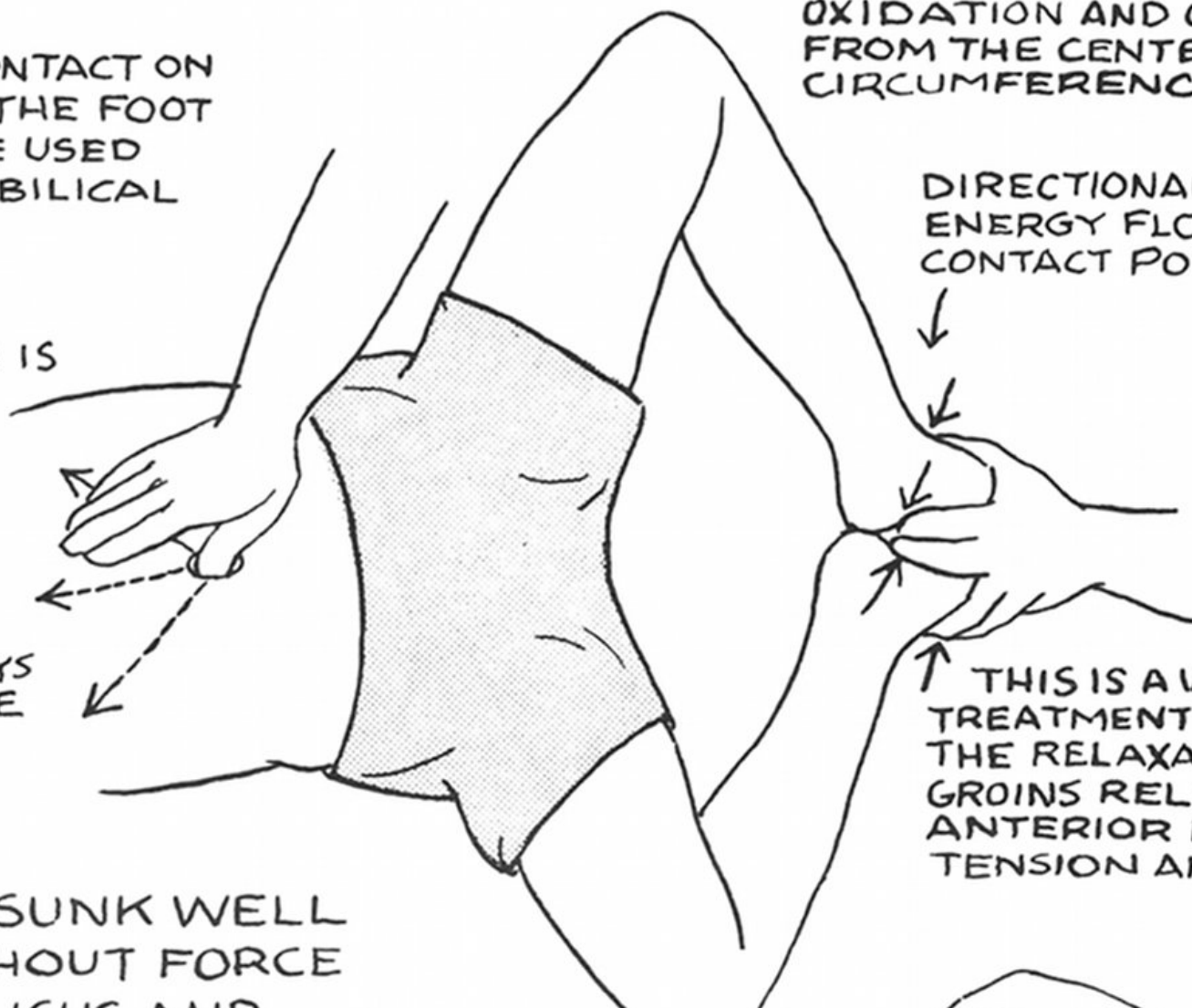
THE UMBILICUS IS
THE POTENTIAL
LIFE CENTER
FROM BIRTH

EXCELLENT
THERAPY FOR
HEART, KIDNEYS
AND DIGESTIVE
ORGANS

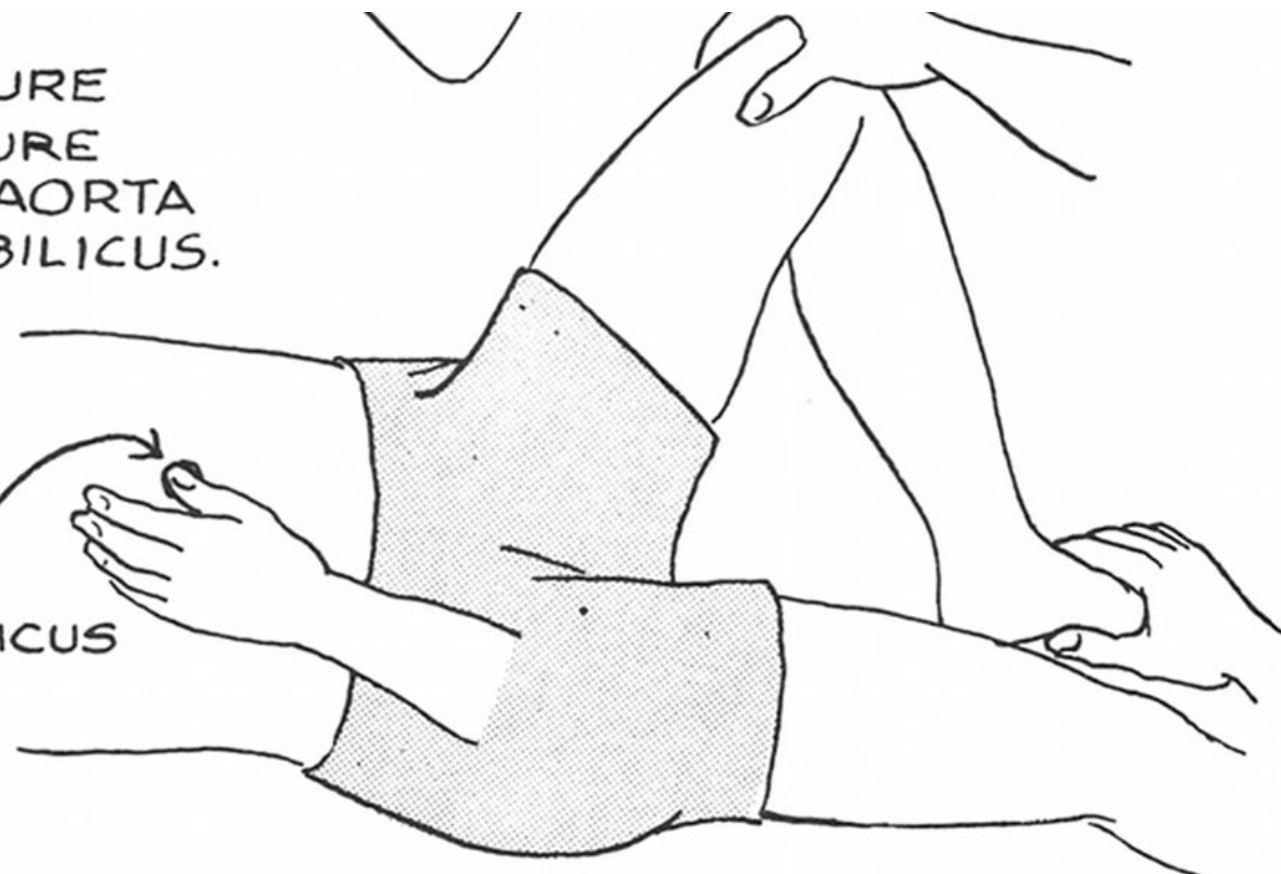
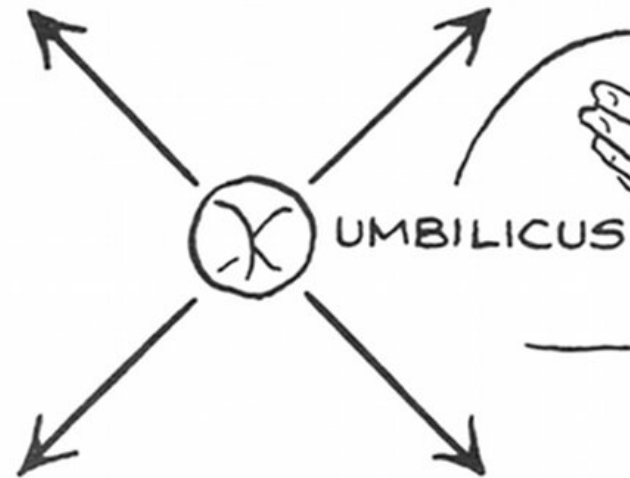
DIRECTIONAL
ENERGY FLOW
CONTACT POINTS

THIS IS A VERY EFFECTIVE
TREATMENT FOR SCIATICA,
THE RELAXATION IN THE
GROINS RELIEVES THE
ANTERIOR MUSCLE
TENSION AND PAIN.

THUMB IS SUNK WELL
DOWN WITHOUT FORCE



INTO UMBILICUS AND
DIRECTIONAL PRESSURE
GIVEN. AVOID PRESSURE
ON THE ABDOMINAL AORTA
ON LEFT SIDE OF UMBILICUS.



EVOLUTIONARY
SERIES
CHART NO.4

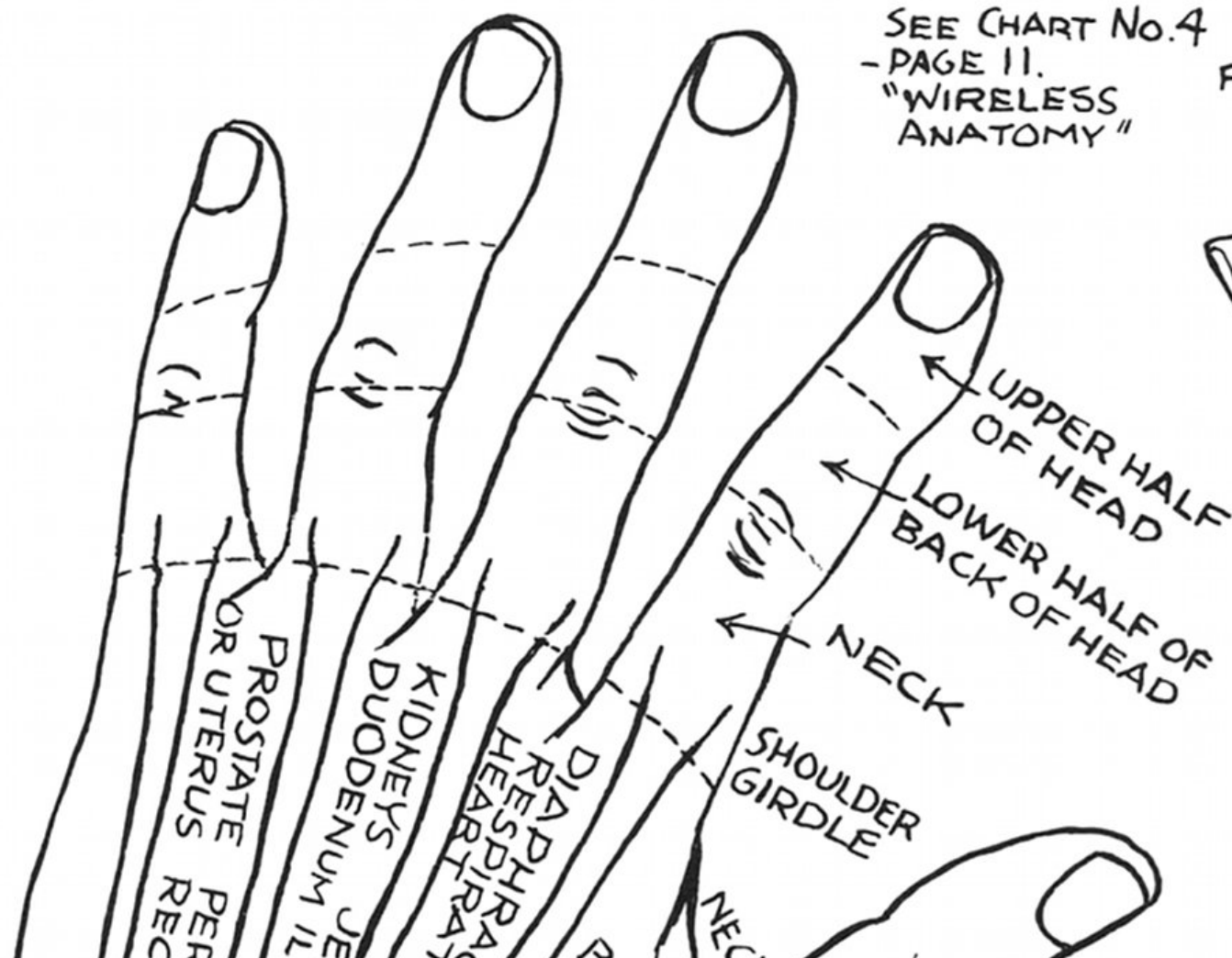
SINGLE CONTACTS FOR EACH SIDE - KNEE
AND UMBILICUS OR FOOT AND UMBILICUS. USE
A FIRM CONTACT ON KNEE OR FOOT, WITH OR
WITHOUT MOTION.

HORIZONTAL DIAGNOSTIC AREAS

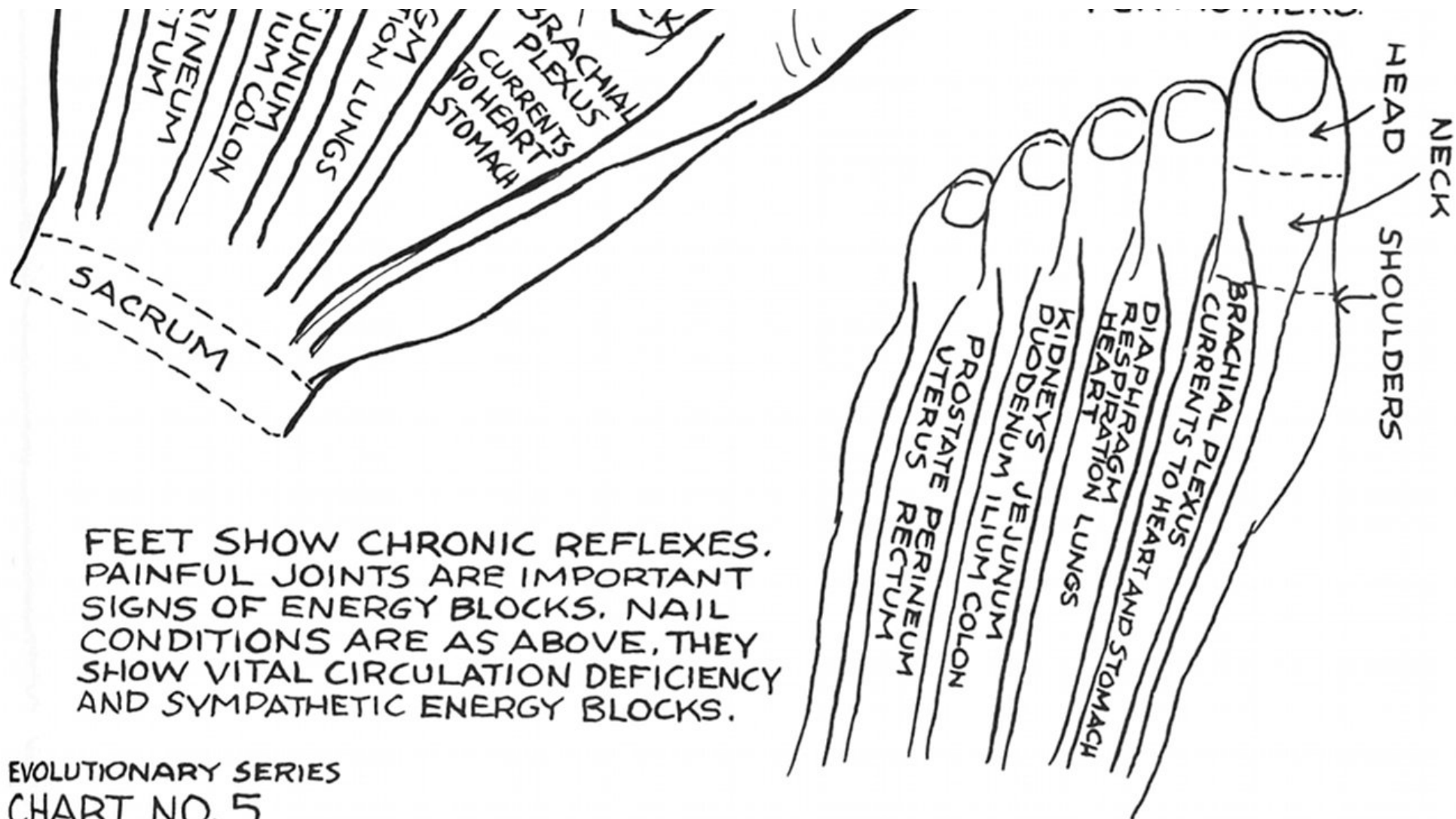
LEFT HAND DIAGNOSTIC AREAS OF TENDERNESS OF
MOTOR AND SYMPATHETIC CIRCULATORY ENERGY FLOW.
ACUTE SYMPTOMS ALSO INCLUDE THE NAILS, THEIR COLOR,
CURVES, THICKNESS, SPOTS AND RIDGES.

FOR ANTERIOR VERTICAL DIAGNOSTIC AREAS

SEE CHART No.4
- PAGE 11.
"WIRELESS
ANATOMY"



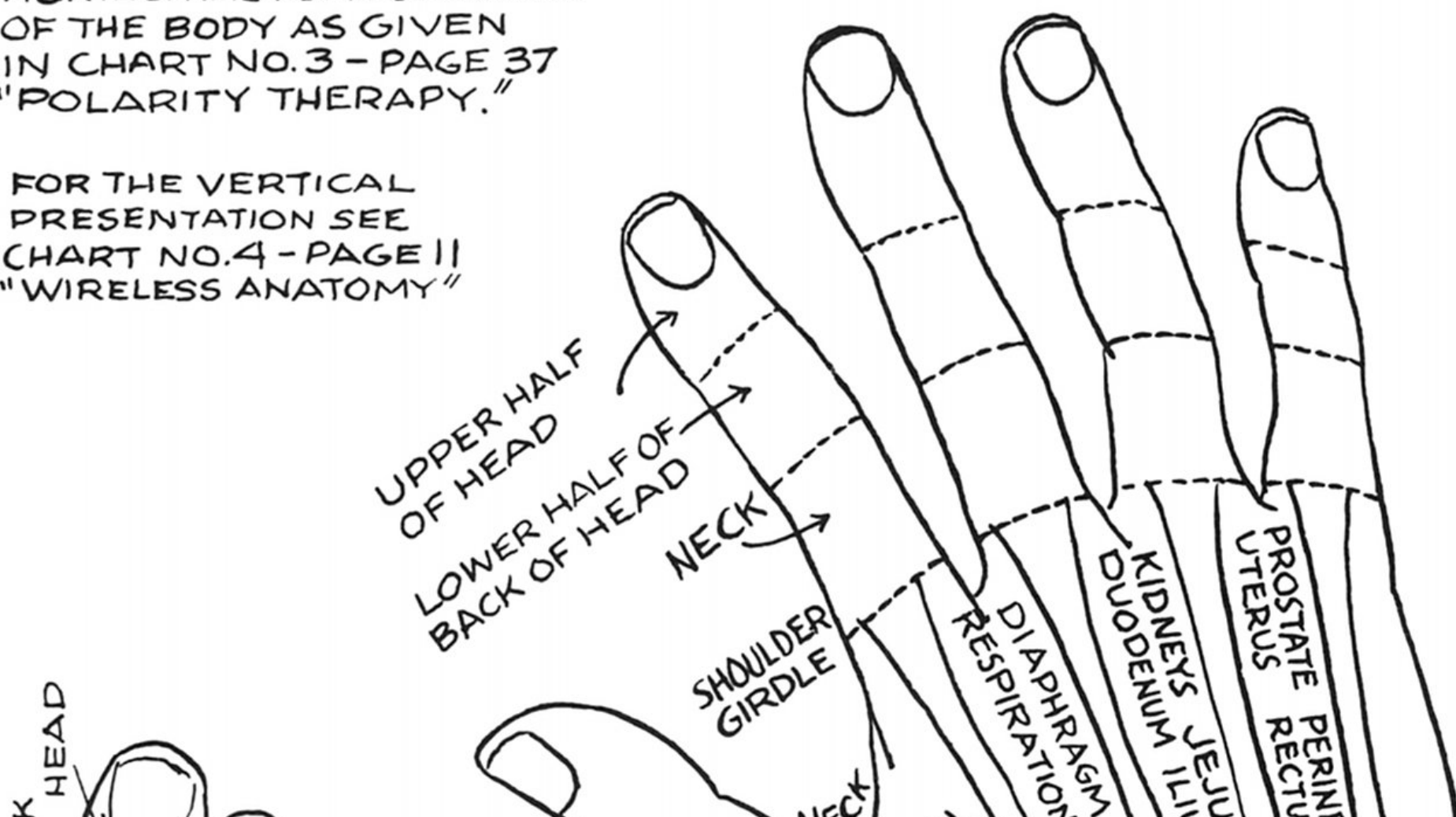
UTERUS OR PROSTATE,
PELVIC TROUBLE,
INDICATES CAESERIAN
OR BIRTH DIFFICULTY
FOR MOTHERS

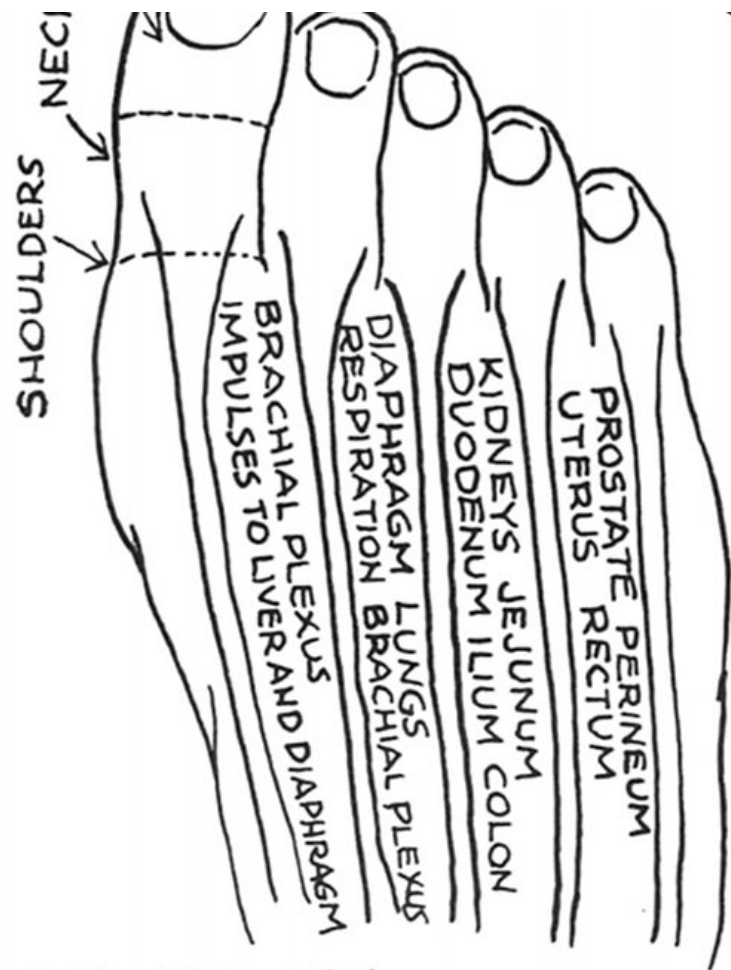


HORIZONTAL DIAGNOSTIC AREAS.
RIGHT HAND DIAGNOSTIC REGIONS OF TENDERNESS
ARE ACUTE SYMPTOMS OF REGIONAL ENERGY BLOCKS.

THESE AREAS ARE THE
HORIZONTAL REPRESENTATION
OF THE BODY AS GIVEN
IN CHART NO.3 - PAGE 37
"POLARITY THERAPY."

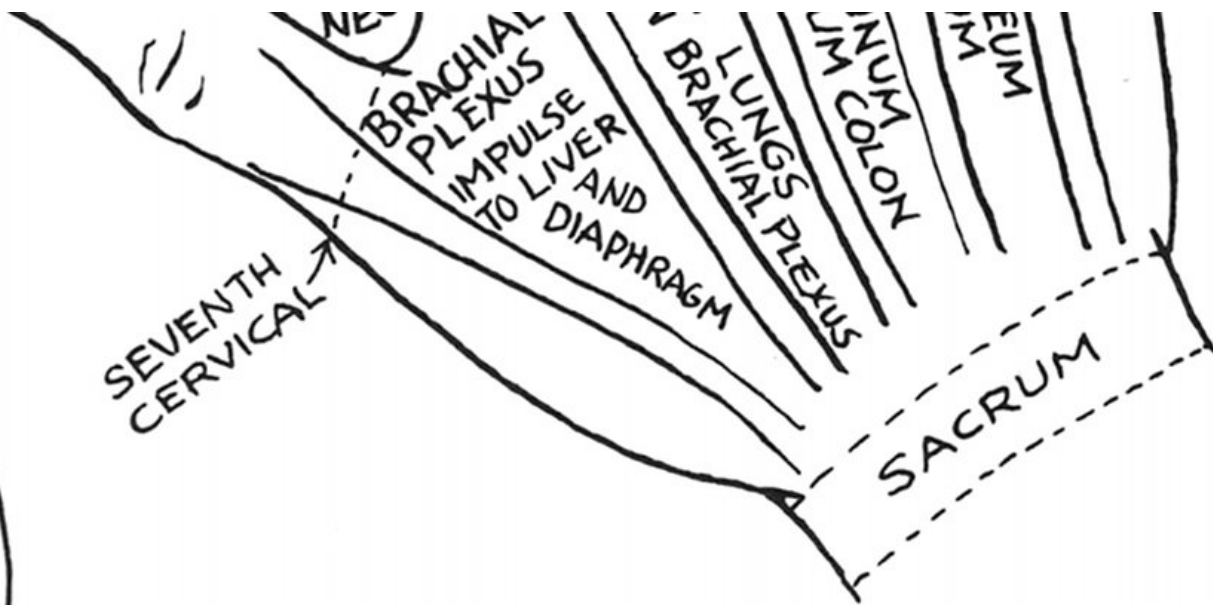
FOR THE VERTICAL
PRESENTATION SEE
CHART NO.4 - PAGE 11
"WIRELESS ANATOMY"





EVOLUTIONARY
SERIES

CHART NO. 6



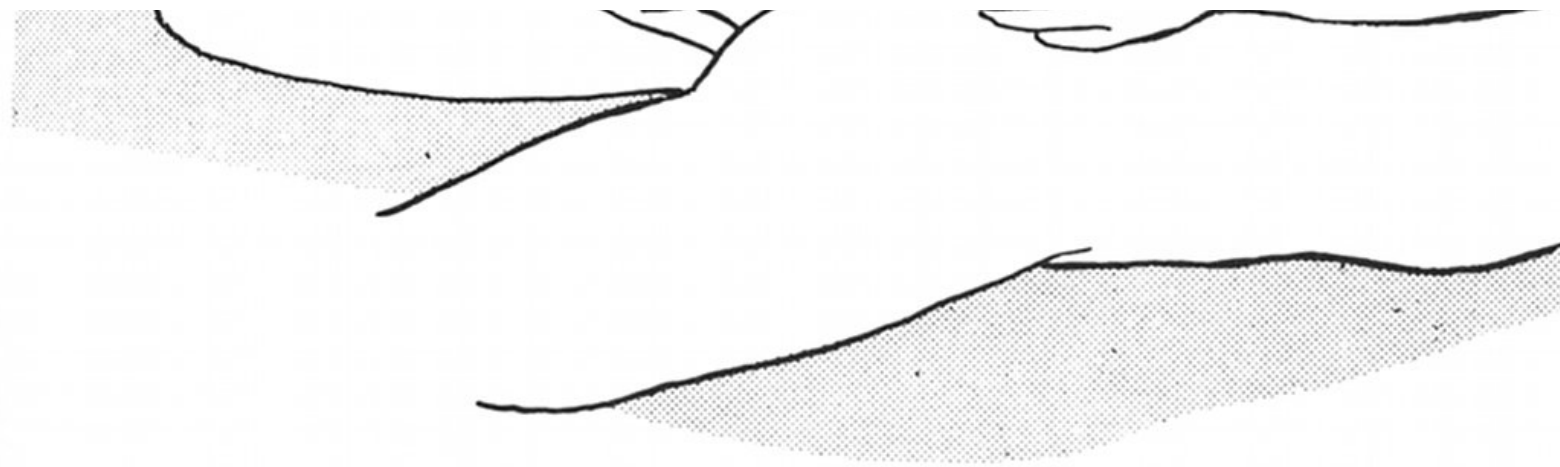
TENDER FOOT AREAS ARE OLD SYMPTOMS OF ENERGY BLOCKS. THE SPACE BETWEEN THE THUMBS AND FIRST FINGERS REPRESENTS THE NECK AND BRACHIAL PLEXUS AREA IN THE HAND. IT IS FOUND ON THE BIG TOE JOINT, TOP AND BOTTOM. THE THYROID AREA IS ON THE BOTTOM OF THE LOWER JOINT AND THE SEVENTH CERVICAL CIRCULATORY REFLEX IS ON TOP.

DRAINING THE PROSTATE

BY A PERINEAL LIFTING CONTACT FROM THE OUTSIDE AND ALSO A CONTACT ON THE HEELS. PRESSURE ON THE INSIDE OF THE HEELS CLEARS THE NEGATIVE POLE REFLEXES OF THE PROSTATE OR UTERUS. LIFTING UP THE PROSTATE FOR DRAINING TAKES A LITTLE MORE PRESSURE THAN HOLDING IT FOR RELEASE OF IRRITATION OR SWELLING. THE CENTER AREA OF THE PERINEUM FROM THE SYMPHYSIS PUBIS TO THE RECTUM IS THE PROSTATE AREA FOR LIFTING IT UP FOR DRAINAGE.

MAKE A GENTLE LIFTING CONTACT ON THE TENSE MUSCLE FASCIA LIFTING TOWARD THE HEAD AND HOLD IT BRIEFLY. THE HEEL PRESSURE IS ON THE AREA ON THE INSIDE OF THE HEEL WHICH IS THE MOST TENDER. HOLD FIRMLY HERE. TREAT GENTLY ACCORDING TO TOLERANCE AND RESPONSE.





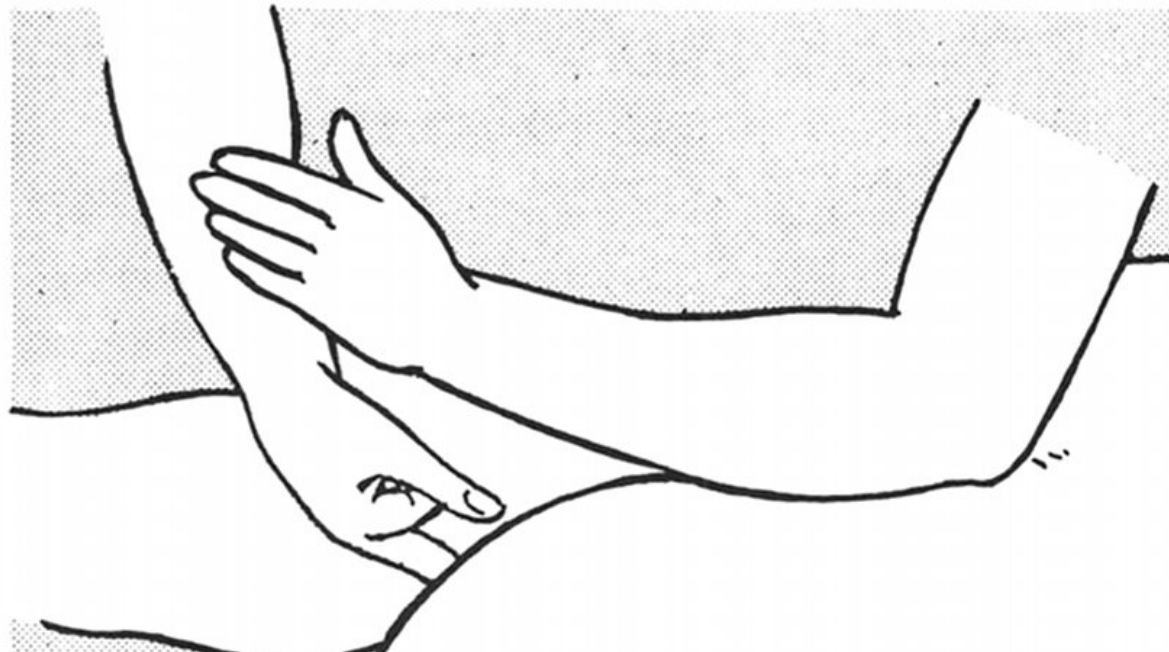
THE PERINEAL CONTACT IS THE BEST TREATMENT FOR NERVOUSNESS AND HYSTERIA WHERE VERY GENTLE CONTACTS ARE GIVEN AS IN CHARTS 30 AND 31 IN "WIRELESS ANATOMY". THE ELBOW PRESSURE ON THE SPINE IS FOR A COMBINATION TREATMENT OF THE KIDNEYS OVER THE 11TH AND 12TH DORSAL IN CONNECTION WITH THE PERINEAL CONTACT FOR THE PROSTATIC CONDITION.

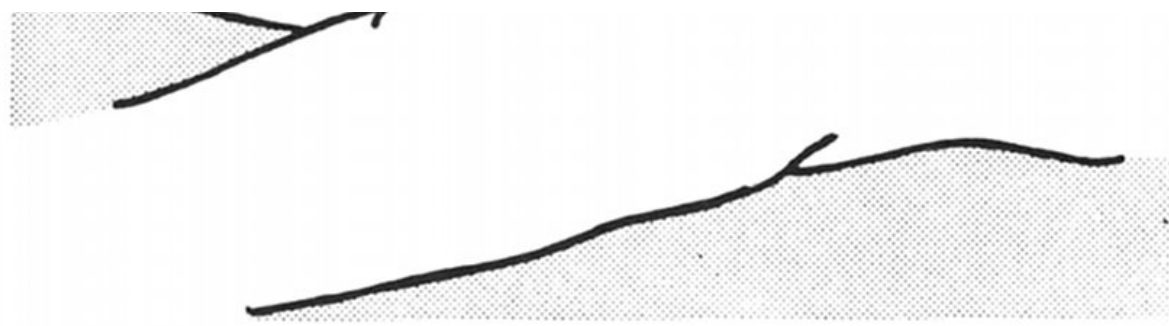
EVOLUTIONARY
SERIES

CHART NO. 7

PERINEAL AND SPINAL PRESSURE THERAPY

SPINAL THERAPY BY PRESSURE IN THE SPINAL GROOVE ANYWHERE ALONG THE SPINE ON EITHER SIDE, IS FOR THE RELAXATION OF THE ERECTOR SPINEA MUSCLES AND INHIBITION OVER THE TRANSVERSE PROCESSES WHICH PRODUCES A SYMPATHETIC REACTION AND RELAXATION. TOGETHER WITH A PERINEAL CONTACT ON THE SAME SIDE ON THE TENSE PERINEAL MUSCLES, GIVES MARVELOUS RESULTS IN LUMBAGO CASES, SCIATICA, LIVER, STOMACH AND DIGESTIVE TROUBLES. THE SECOND FINGER IS USED HERE FOR PERINEAL CONTACTS. THE PRESSURE IS MADE WITH THE ELBOW ON HEAVY PATIENTS AND IN SEVERE TENSIONS; OTHERWISE WITH THE THUMB.





TREAT ONE SIDE AT A TIME UNTIL IT RELAXES. A FEW MINUTES ON ONE SIDE AND THEN THE OTHER AND REPEAT. THE PERINEUM IS THE PARASYMPATHIC RESPONSE AREA. THE GANGLION OF IMPAR AND THE SYMPATHETIC FIBRES ON EACH SIDE OF THE COCCYX ARE THE CONTACT AREAS FOR THE SYMPATHETIC RELEASE AT ITS NEGATIVE POLE. THE POSITIVE POLE IS IN THE NECK BEHIND THE ANGLE OF THE JAW AND THE STYLOID PROCESS OF THE TEMPORAL BONE. MAKE A GENTLE CONTACT HERE ALSO BUT OF VERY SHORT DURATION AS THESE ARE HIGHLY SENSITIVE TISSUES.

EVOLUTIONARY
SERIES

CHART NO.8

DRAINAGE OF UPPER LYMPHATICS

SYMPATHETIC DRAINAGE OF THE AXILLARY REGION AND NECK STIMULATES PRANIC ENERGY FLOW ALSO THE CERVICAL GANGLIONS AND BRACHIAL PLEXUS CURRENTS. IT CLEARS HEAD CONGESTIONS IN COLDS, ETC. THE DOCTOR STANDS ON ONE SIDE AND GRIPS THE AXILLARY MUSCLES AND THE NECK MUSCLES ON ONE SIDE WITH GENTLE SQUEEZING ALTERNATING RHYTHMIC MOVEMENTS. IT GIVES A GOOD RESPONSE OVER THE UPPER LEFT RIB AREA OF THE 3^D, 4TH AND 5TH RIBS

WHERE DIGESTIVE AND STOMACH REFLEXES ACCUMULATE AND ARE OFTEN MISTAKEN FOR HEART PAINS. ON THE RIGHT SIDE THESE AREAS GIVE GALL BLADDER AND LIVER REFLEXES AND SHOW CHEMICAL DISTURBANCE AND A LACK OF OXIDATION. THESE CONDITIONS ARE BENEFITTED THROUGH THE OVERALL POLARITY CIRCUITS AS WELL AS THE NERVE CENTER RESPONSE.



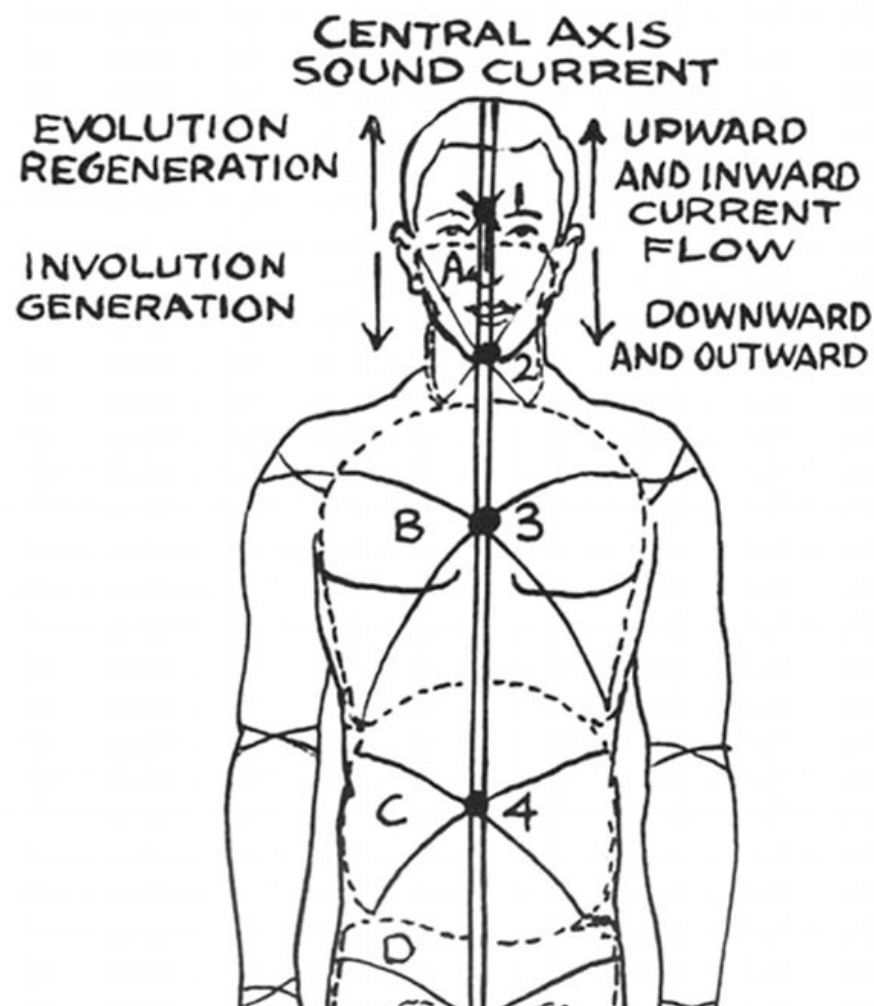


EVOLUTIONARY
SERIES
CHART NO.9

MAN AND HIS FINER ATOMLIKE ENERGY POTENTIALS

CHAKRAS ARE NUCLEI OF VIBRATING SPINNING ETHERIC ENERGY SUBSTANCE OF LIGHT AND SOUND CURRENTS. NO.1 THE TISRA TILL CENTER OR THE AJANA CHAKRA IS THE MYSTERIOUS THIRD EYE. THIS CENTER IS THE MEETING PLACE OF SOUL AND MIND ENERGY IN ITS DESCENT INTO THE BODY. IT IS THE GORDIAN KNOT OF LIFE WHERE THE CONSCIOUS CURRENTS AND THE UNCONSCIOUS IMPULSES MEET. HERE IS THE ARMAGEDDON OF THE SOUL FOR CONTROL OF THE DIRECTION OF ENERGY UPWARD AS THE PATH OF VIRTUE AND LIBERATION OR DOWNWARD AND

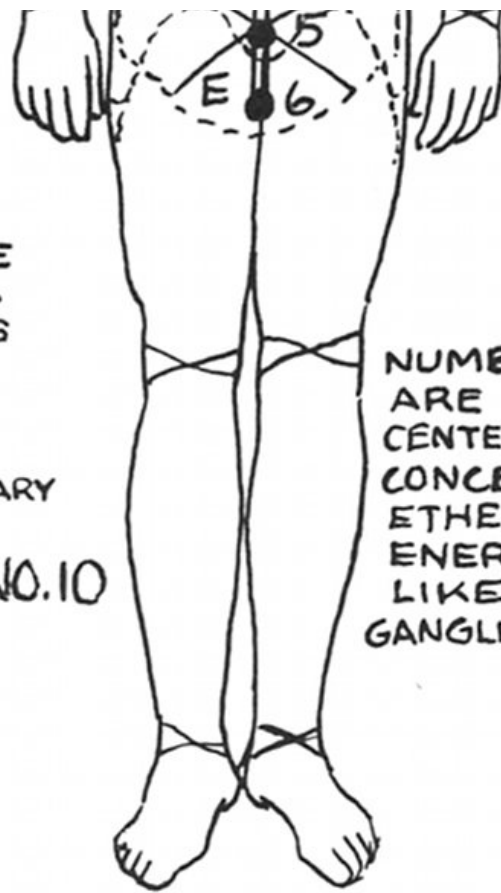
OUTWARD FOR FURTHER INVOLUTION INTO THE SNARES OF MATTER AND SELF SATISFACTION. IT IS THE MIND CENTER OF THOUGHT CONTROL. THE SUN AND MOON ENERGY AS POSITIVE AND NEGATIVE COSMIC BREATH ENERGY CROSSES OVER IN THE CENTER OF EACH CHAKRA AS THE INDIVIDUALIZED LIFE BREATH. AS THE SUN AND MOON TRAVEL CONSTANTLY SO DOES THE BREATH SUPPLY ALL CELLS IN ITS RHYTHMIC FLOW. THE CENTRAL CORE ENERGY MOVES BY POLARIZATION FROM PLUS TO MINUS. THE SURFACE CIRCULATION IS THROUGH RADIATION LIKE ATOMIC HEAT WAVES. THIS EXHAUSTS ITSELF UNLESS IT IS SUSTAINED FROM THE CENTRAL CORE AS THE TREE OF LIFE IN EACH SECTION OR OVAL. NO.2 THE VISHUDDHA CHAKRA OR KANTH MANDEL IS IN THE THROAT (A). IT IS IN THE ETHERIC PLANE AS TATTWA ENERGY. IT IS ALSO THE POSITIVE POLE OF THE PRANA LIFE CURRENT. PSYCHOLOG-



LETTERS
INDICATE
TATTWA
REGIONS

EVOLUTIONARY
SERIES

CHART NO.10



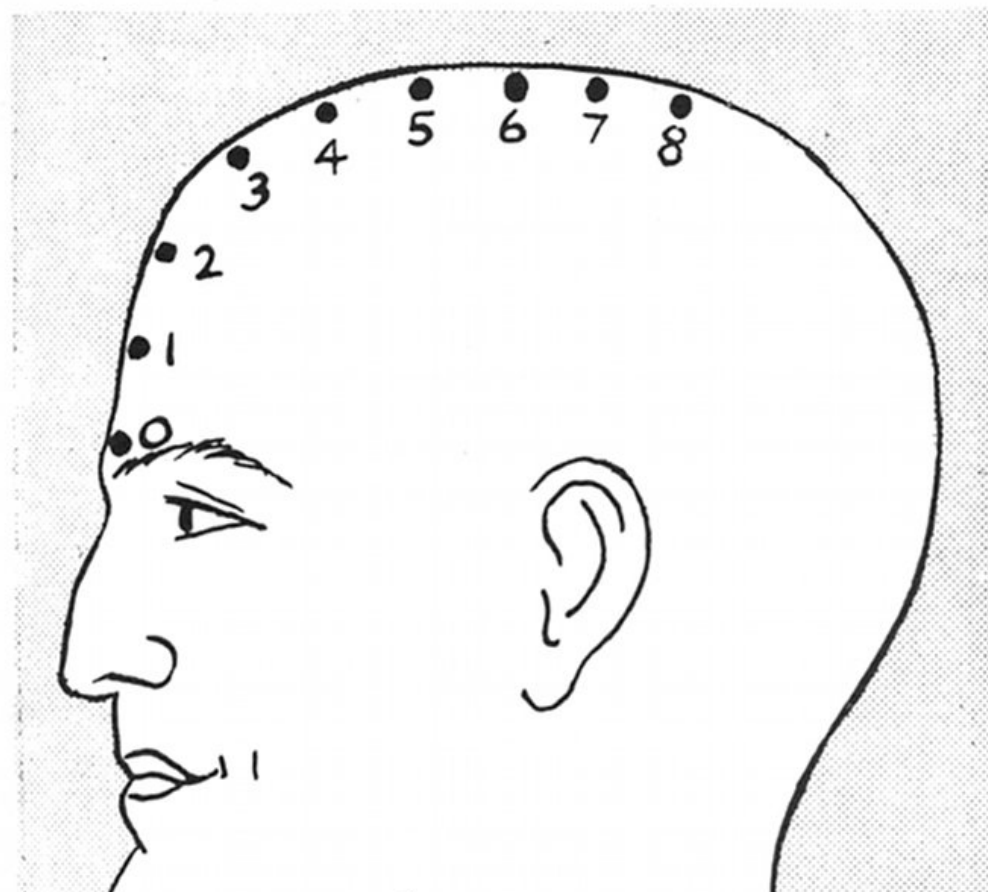
NUMBERS
ARE
CENTERS OF
CONCENTRATED
ETHERIC
ENERGY
LIKE
GANGLIONS

ICALLY IT IS THE CENTER OF PRIDE AND VANITY. NO.3 THE ANAHATA OR HRIDAYA MANDAL IS THE HEART CENTER (B). IT IS THE AIR ELEMENT OF THE CHEST AND LUNGS. IT IS ALSO THE VIAN CURRENT IN THE CIRCULATION. THE SENSE OF TOUCH AND FEELING HAVE THEIR CENTER HERE. THE CENTER OF GREED LIES HERE LIKE THE AIR ENVELOPING ALL THINGS. NO.4 THE MANIPURA OR NABHI CENTER, THE NAVEL (C). HERE IS SAMAN, THE FIRE ELEMENT WHICH WORKS THE DIGESTIVE ORGANS AS HEAT UNDER A POT. RED IN COLOR. ANGER HAS ITS SEAT HERE AND FLIES FREELY. NO.5 THE SWADISH-TANA, THE INDRIYA LINGA GENITAL CENTER (D). THE WATER ELEMENT - WHITE - ALSO THE SENSE OF TASTE LIES HERE AS THE TATTWA ELEMENT. THE ACTIVE POLE IS THE TONGUE AS THE POSITIVE CENTER.


DESIRE AND LUST HAS ITS POLE HERE. NO.6 THE MULADHARA CHAKRA OR GUDHA MANDAL IS THE RECTAL CENTER (E). IT IS THE EARTH ELEMENT AND THE SEAT OF ATTACHMENT. IT IS GRAYISH RED OR YELLOW. THE TATTWAS ARE FINER ATOMIC TYPE SUBSTANCES AS OVAL AREAS IN THE BODY, LIKE PLATES IN A BATTERY WITH ELECTRIC LIKE PRANA CURRENTS FLOWING THROUGH THEM.

MAN'S MENTAL AND SPIRITUAL ENERGY POTENTIALS

THE BRAIN WITH ITS FACULTIES OF INTELLIGENCE AND REGIONS OF SPIRITUALITY WERE CALLED KETHER, CROWN OF CREATION BY THE CABALISTS IN THE BRAIN ARE THE PROTOTYPE OF PATTERNS FROM THE SPIRITUAL REGIONS REFLECTED AS MIND PATTERNS AND BLUEPRINTS IN MINATURE TO BE EXPRESSED IN CREATION AND LIFE AS LIVING FORMS AND QUALITIES. THE CENTER AND ORIGIN OF ALL LIFE AND ENERGY ARE THE SOUND AND LIGHT CURRENTS FROM HIGHER SPIRITUAL REGIONS WHICH THE CENTRAL AXIS OF INTELLIGENCE AND LIFE AS THE REAL ESSENCE IN ALL LIVING BEINGS.



O THE FIRST CENTER BETWEEN THE EYES IS CALLED TISRATILL, THE AJANA CHAKRA OR THE THIRD EYE. IT IS THE SEAT OF THE SOUL WHEN FUNCTIONING AS CONSCIOUSNESS. WHEN THE MIND IS STILLED HERE, IT IS CALLED RUH OR THE SANCTUARY OF REST BY BEING STILL. HERE IS THE TABERNACLE OF GOD IN MAN AS HIS MOUNTAIN OF INSPIRATION AND REVELATION FROM HIGHER REGIONS. ALL SAINTS, SAVIORS AND PROPHETS HAVE USED THIS HIGHWAY TO THE SPIRITUAL REGIONS, THIS IS THE SANCTUARY AND MAGIC MIRROR WHERE HIGHER CREATIONS CAN BE SEEN AND TRAVELED IN ON THE SOUND CURRENT. THIS CENTER WAS ALSO MENTIONED IN ARABIAN NIGHTS AS THE ALADDIN'S LAMP



FOUND BY GREAT EFFORT AND
MANY TRIALS.

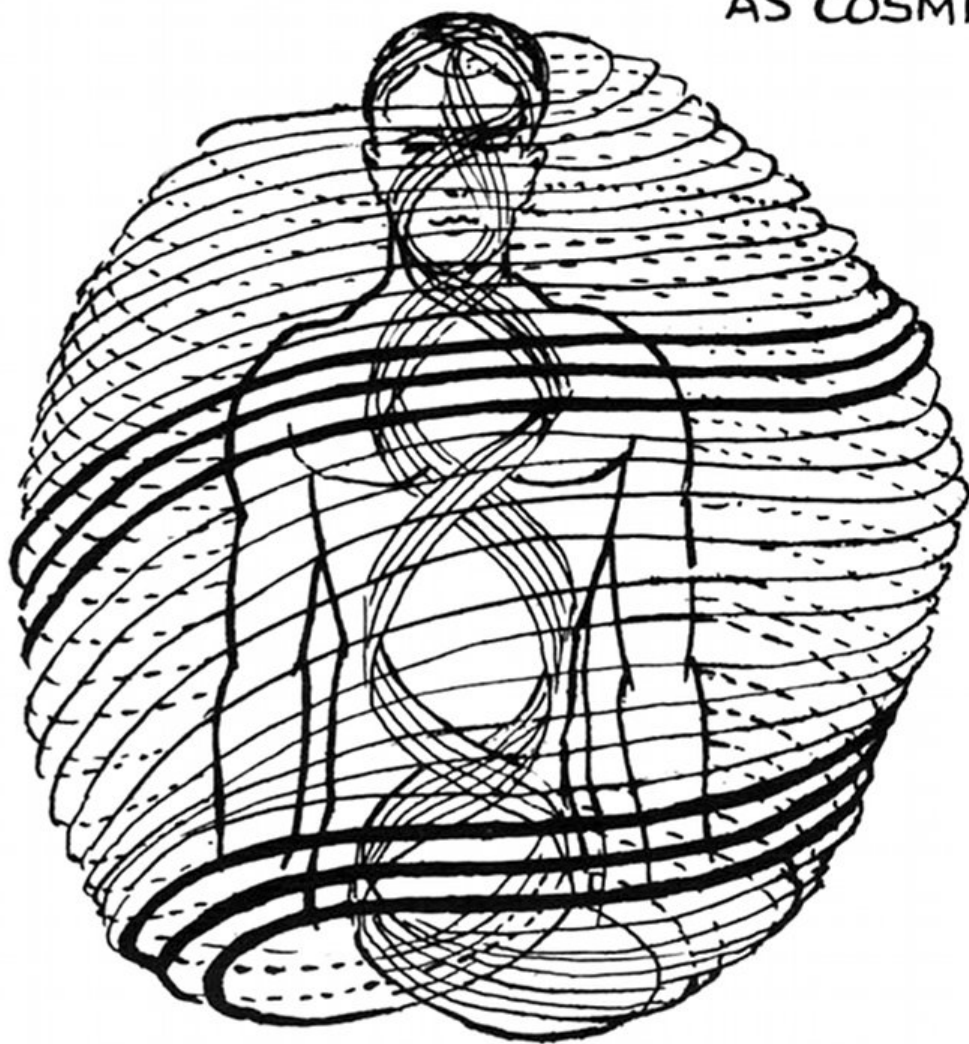
NO.1 THE SAHANS DAL KANWALL REGION OR ASTRAL PLANE, FROM IT FLOW
A THOUSAND ENERGY CURRENTS WHICH SUPPLY THE COSMIC FUNCTIONS
AS WELL AS MAN. NO.2 TIRKUTI REGION OR MIND ENERGY PLANES
COSMIC AND INDIVIDUAL MIND. NO.3 DASWAN DWAR LOK, THE
SOULFUL REGION OF BLISS AND INTELLIGENCE. NO.4 BANWAR GUPHA
LOK, WHIRLING ENERGY AND SWINGING IN BLISSFUL RHYTHM.
NO.5 SACH KHAND OR SAT LOK, THE ETERNAL SPHERE, THE LIFE
REGION OF SPIRITUAL ESSENCE AND THE HOME OF THE SOUL. ALL
REGIONS BELOW ARE EMANATED FROM HERE. THEY ARE NOT ETERNAL.
THIS IS THE HOME OF THE PURE SOUND AND LIGHT CURRENTS AS SURAT
AND NIRAT, THE REGION OF TRUTH. NO.6 ALAKH LOK OR UNPERCEIVABLE
REGION. NO.7 AGAM LOK, THE UNKNOWABLE REGION. NO.8 RADHA
SWAMI DHAM, THE ETERNAL SUN OF LIFE, LOVE, TRUTH AND ALL
KNOWLEDGE, GYAN.
THE FACULTIES IN THE BRAIN IN THESE AREAS ARE: 1 INSPIRATION,
2 ASPIRATION, 3 COMMUNION-ONENESS, 4 FAITH, 5 LOVE, 6 HOPE,
7 TRUTH, 8 GYAN - ALL KNOWLEDGE.

EVOLUTIONARY SERIES

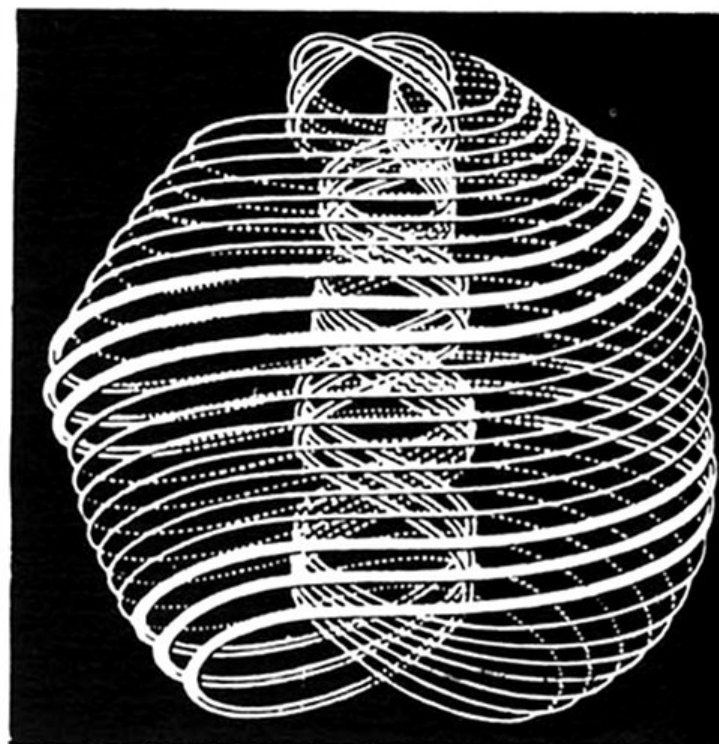
CHART NO.11

ETHERIC ATOMIC LINES OF FORCE IN MAN

THE ATOM IN MAN AND MAN IN THE COSMIC TYPE ATOM. THE ADAM KADMAN OF THE CABBALISTS ALSO THE SEPHIROTIC TREE OF LIFE. IT IS SIMILAR TO THE MERCAVAH OR CHARIOT OF JEHOVAH, WHICH EZEKIEL SAW BY THE RIVER CHEBAR AND SAID IT WAS A WHEEL WITHIN A WHEEL OF ENERGY WHIRLS. THE LORD AS SPIRIT ENERGY ABOVE AND THE FOUR DIVISIONS OF AIR-FIRE-WATER AND EARTH SUBSTANCES TYPIFIED AS MAN-LION-EAGLE AND BULL AND THE CHERUBIM AS COSMIC ENERGY.



POSITIVE
CENTRIFUGAL POLE



AN ATOM NEGATIVE VORTEX
CENTRIPETAL POLE

POSITIVE



THREE TYPES OF ETHERIC ENERGY WAVES .

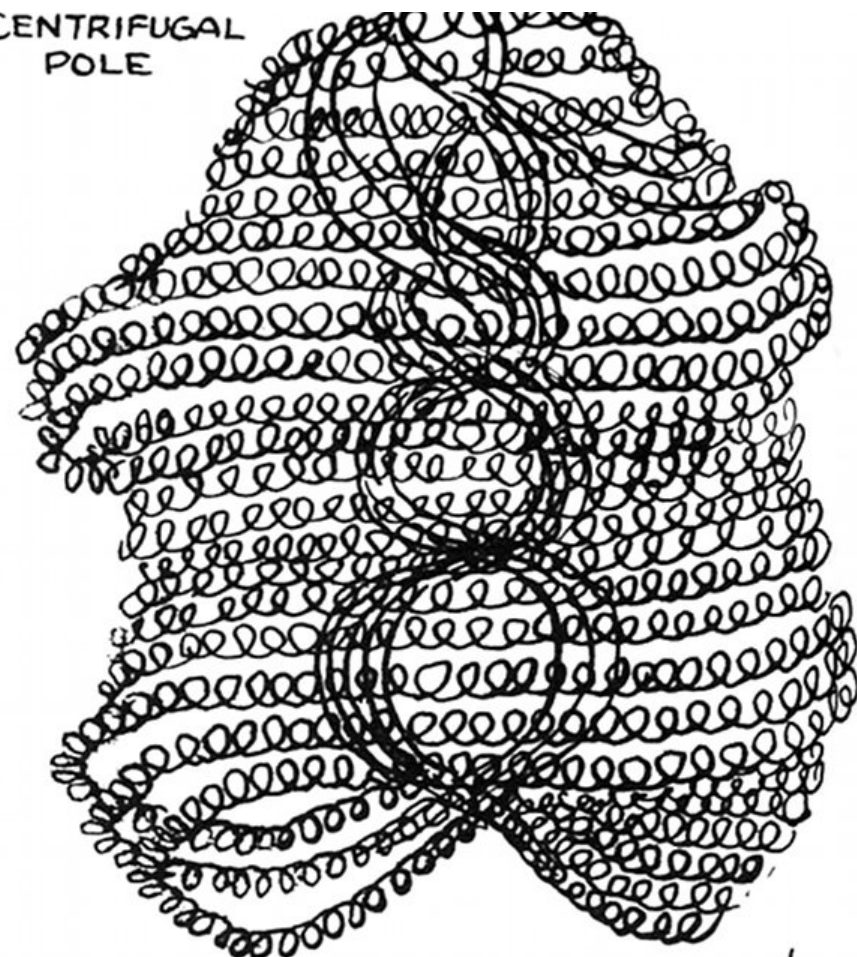
1 VERTICAL MIND ENERGY WAVES FROM THE NORTH POLE, THE HEAD, AND SOUTH POLE, THE FEET. ANTERIOR AND POSTERIOR ON THE RIGHT AND LEFT SIDE. CHART 1. ALSO CHARTS 1 TO 9 IN WIRELESS ANATOMY.

2 VITAL NEUTER ENERGY SPIRALS ANTERIOR FROM THE UMBILICUS - POSTERIOR FROM THE END OF THE SPINAL CORD AT THE 12TH DORSAL INTERSPACE AND AT LUMBAR VERTABRAE. SEE CHARTS NO.2 AND 3.

3 HORIZONTAL SUN AND MOON PATH ENERGY FROM EAST TO WEST, FRONT TO BACK. ETHERIC AND MAGNETIC ATOMIC TYPE ENERGY SPIRALS WHICH TIE INTO THE CENTRAL CORE AS THE SUSTAINING LIFE BREATH. SEE CHART 7-FIG 4 WIRELESS ANATOMY.

CHART 12 EVOLUTIONARY SERIES.

CENTRIFUGAL
POLE



NEGATIVE VORTEX
CENTRIPETAL POLE

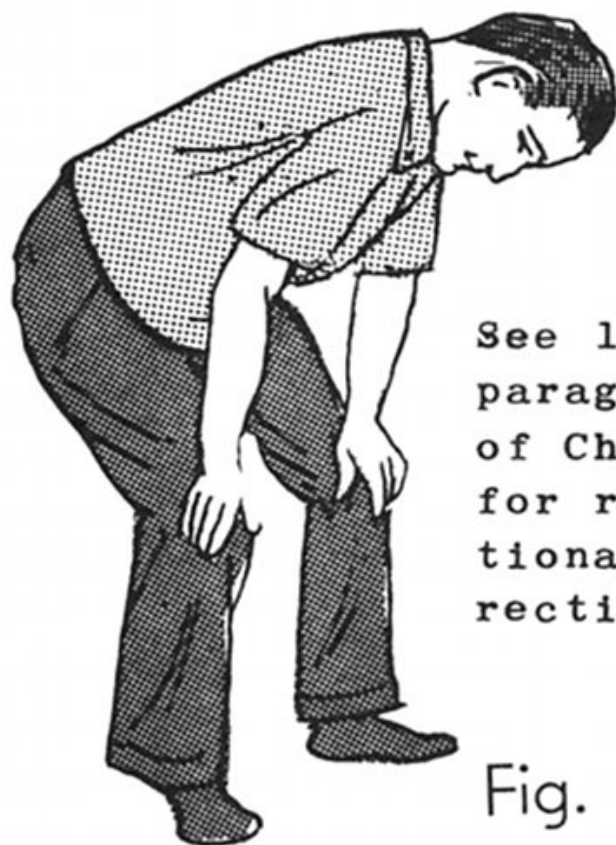
DR. BABBITT'S
ATOM

FROM BABBITT'S "PRINCIPLES OF LIGHT AND COLOR"

CHART No. 13

VITAL EXERCISES WITH NATURAL BREATH EXPRESSION in the motion to integrate the Life Energy with the action, so the inside and the outside muscles benefit in the effort. Five minutes of it will convince anyone of its value.

These charts on Exercise are included in the "Evolutionary Energy Series" of charts and are also a supplement to the little book, "EASY STRETCHING POSTURES FOR VITALITY AND BEAUTY".



See last paragraph of Chart 15 for rotational directions.

Fig. 1



Fig. 2

RELAX THE SHOULDERS AND FEEL IT BETWEEN THE BLADES AS A MOVEMENT. A fine exercise for the muscles of the shoulders. the abdomen.

A fine exercise for the muscles of the shoulders, the arms, the thighs and the back. Useful in digestive disturbance, constipation, kidney inactivity and general sluggishness. Breathe out completely on going down - and breathe in on rising. It is helpful to the brachial plexus by releasing the shoulders and neck tension. Let the head relax naturally forward.



Fig. 1

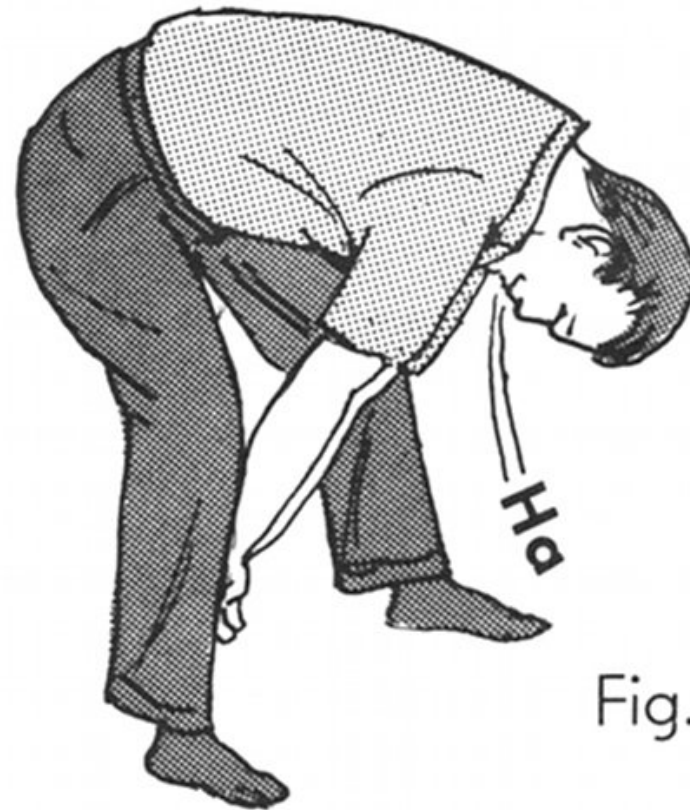


Fig. 2

The above exercise is as natural as chopping wood and putting some effort at the end of the stroke, which produces the natural sound of "Ha" at the end of the exhalation as well as the elimination of the carbon dioxide, thereby completing the chemical action of the exercise - and all by natural means.



Writings of Polarity Therapy founder Randolph Stone, DO, DC, ND (1890-1981) have been digitized, indexed and made searchable in this new free resource for Polarity students, practitioners and teachers.

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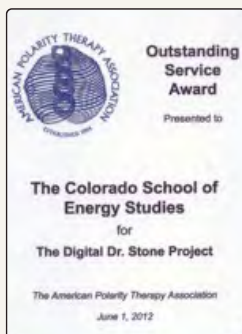
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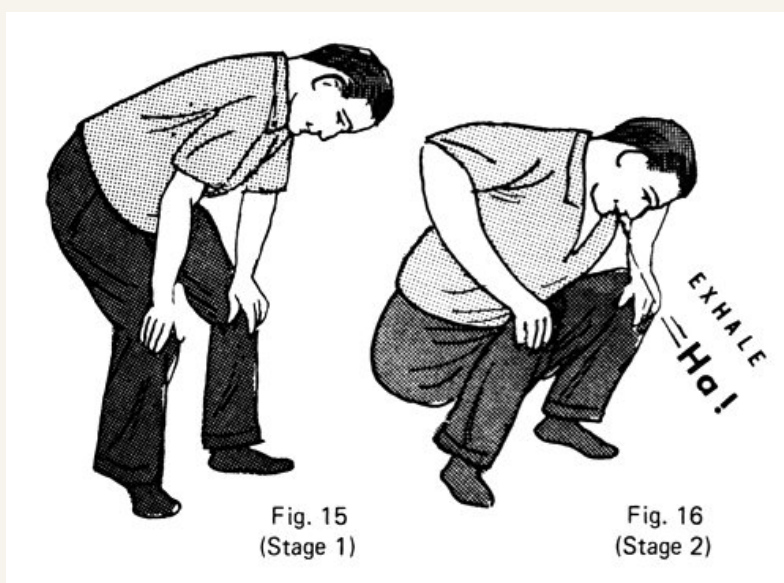


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A Self-Help Series of Postures for Special Conditions

Vital Exercises with Natural Breath Expression

The following exercises* (figures 15 through 23) use motion to integrate the Life Energy with the action, so the inside and the outside muscles both benefit in the effort. Five minutes of practice will convince anyone of their value.



RELAX THE SHOULDERS AND FEEL IT BETWEEN THE BLADES AS A MOVEMENT. A fine exercise for the muscles of the shoulders, the abdomen, the thighs and the back. Useful in digestive disturbance, constipation, kidney inactivity and general sluggishness. Breathe out completely on going down (fig. 16) and breathe in on the rising (fig. 15). It is helpful to the brachial plexus by releasing the shoulders and neck tension. Let the head relax naturally forward.

* The rest of the exercises in this chapter were published in Dr. Stone's *Evolutionary Energy Charts* in 1960 and were specifically designated by Dr. Stone as a supplement to those published in his pamphlet *Easy Stretching Postures*. These exercises and those shown in [Chapter 23](#) are an example of how he unceasingly continued to refine and develop his exercise practices for decades.



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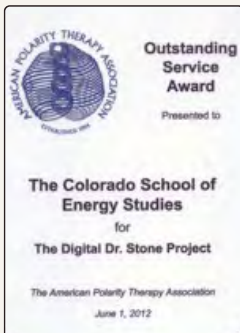
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Fig. 17
(Stage 1)

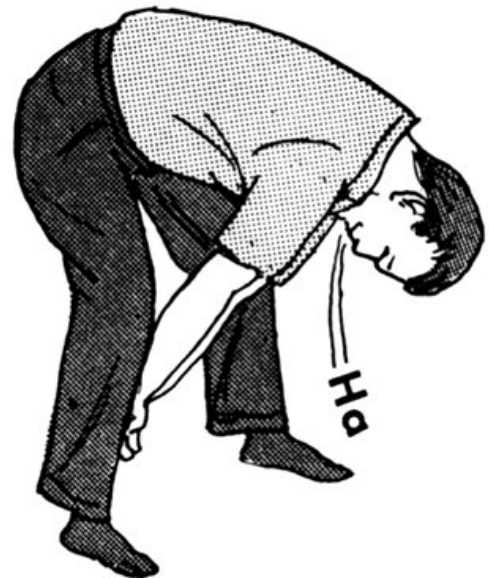


Fig. 18
(Stage 2)

The above two-stage exercise is as natural as chopping wood* and so putting some real effort at the end of the stroke, which produces the natural sound of "Ha" at the end of the exhalation, as well as the elimination of the carbon dioxide, thereby completing the chemical action of the exercise - and all by natural means.

* This exercise is in fact referred to by many of Dr. Stone's students as the "Wood-chopper."



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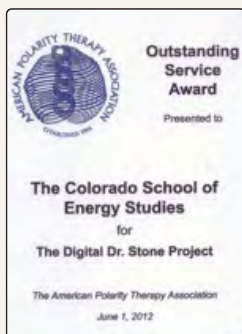
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Vital Exercises for Toning the Body

The remaining exercises in this chapter are two powerful exercises using natural breath in the effort, which engages the inner Life Energy and most of the body muscles in one balanced expression of exhilaration of natural energy flow. The first exercise is illustrated on this page and [the following page](#).

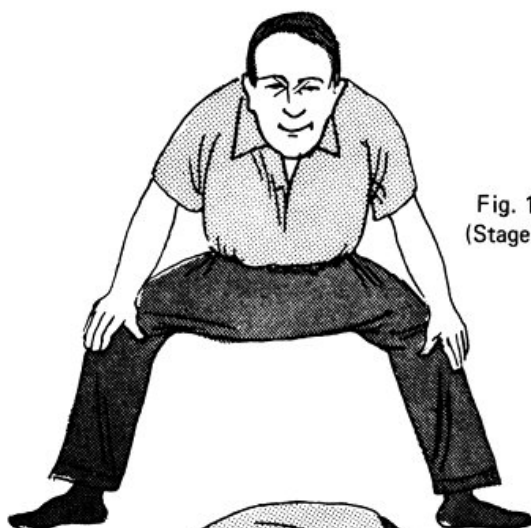


Fig. 19
(Stage 1)

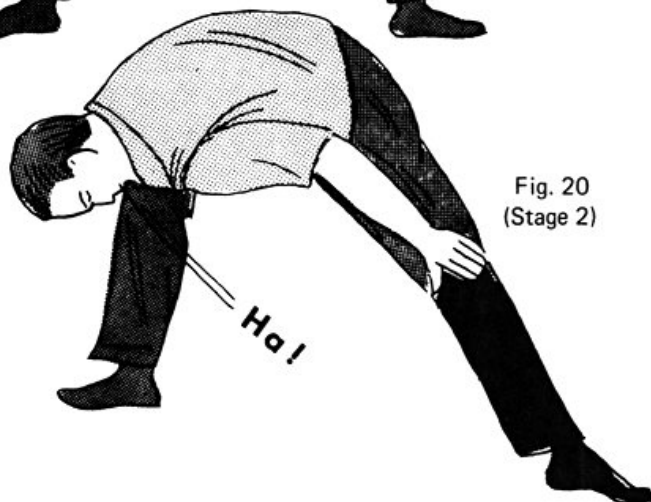


Fig. 20
(Stage 2)



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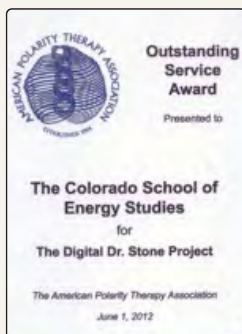
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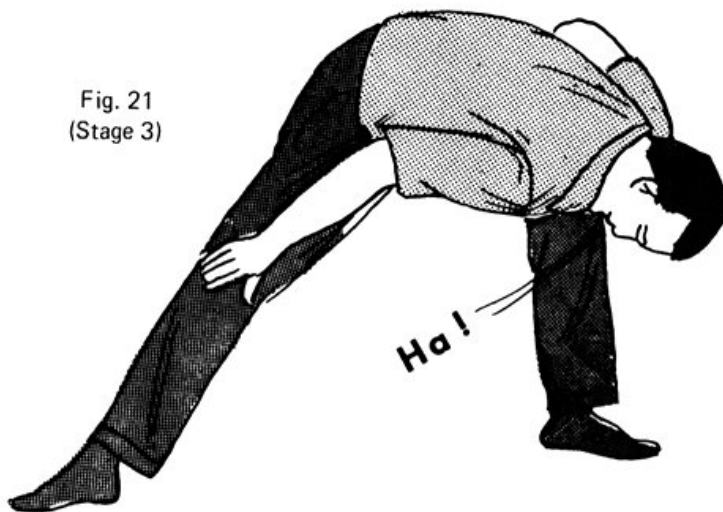
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Fig. 21
(Stage 3)



Move from one side to the other alternately. Each time, exhale all the breath completely, with a loud "Ha" at the end of the movement, as the chest rests on the thigh.

Inhale naturally as you rise and change positions from left to right or right to left.

This exercise gives meaning and depth expression to our finer Energy Fields in the body, which need the exercise and resultant energizing of the otherwise stagnant currents even more than the muscular structure. But the muscles usually get all the attention, while the finer Energy Fields are neglected.

CHART No.14 VITAL EXERCISES FOR TONING THE BODY.

Two powerful exercises with natural breath in the effort which engages the inner Life Energy and most of the body muscles in one balanced expression of exhilaration of natural energy flow.

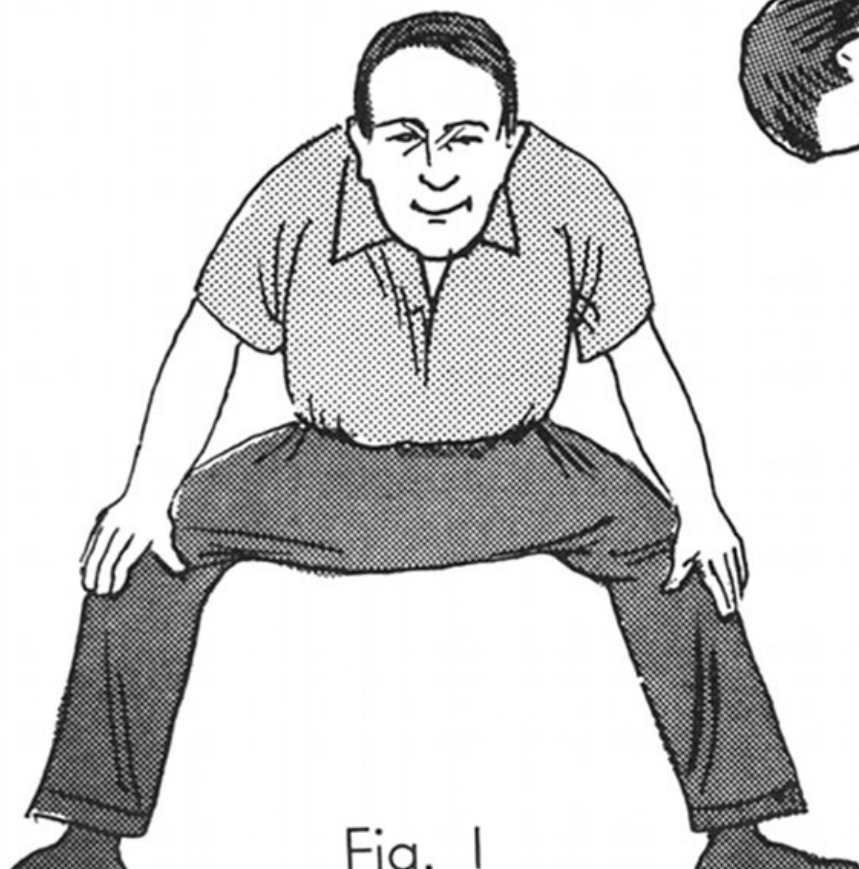


Fig. 1

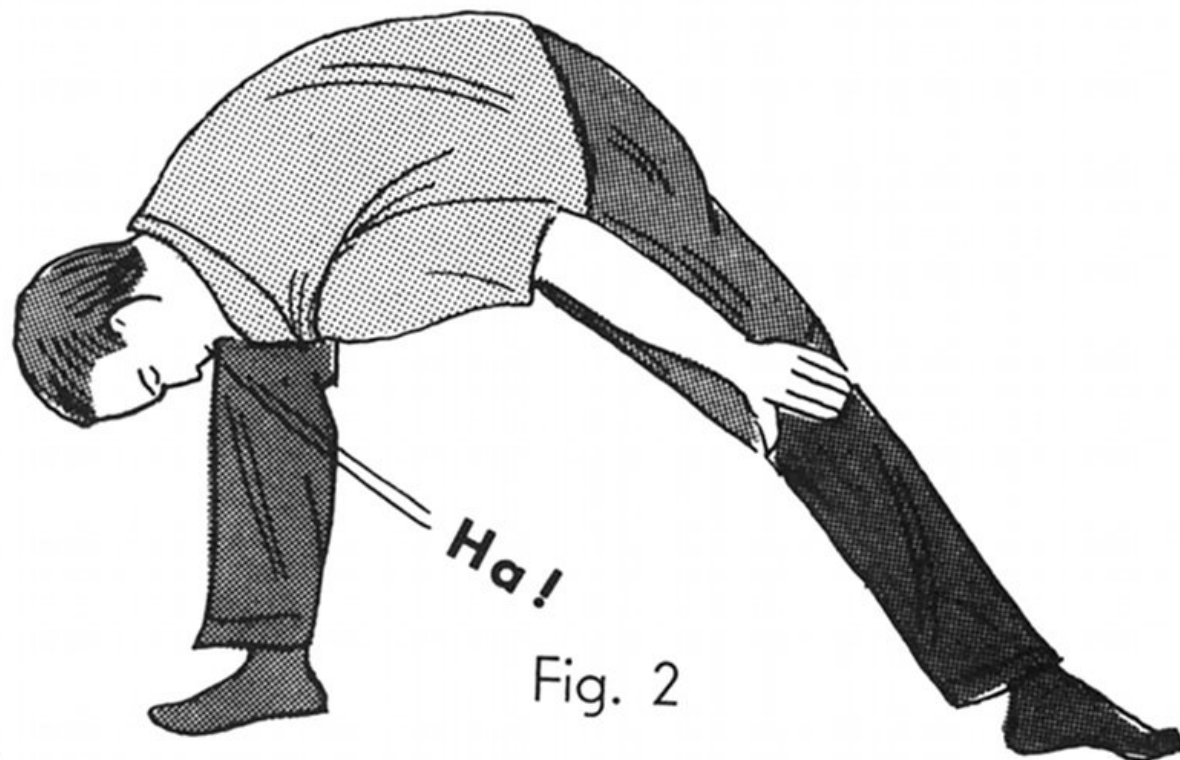
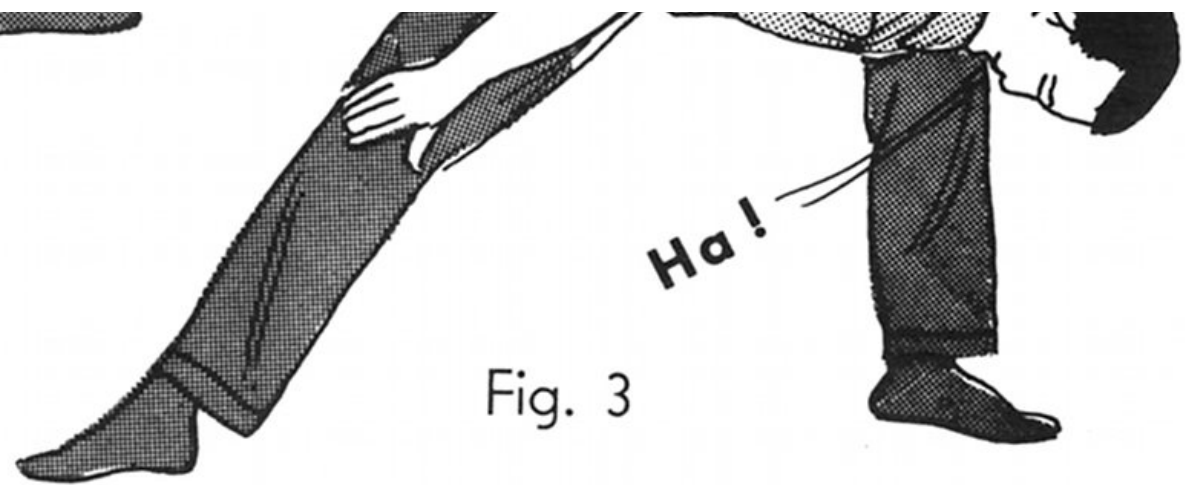


Fig. 2





Move from one side to the other alternately. Each time, exhale all the breath completely, with a loud "Ha" at the end of the movement, as the chest rests on the thigh.

Inhale naturally as you rise and change positions from left to right or right to left, as the case may be.

This exercise gives meaning and depth expression to our finer Energy Fields in the body, which need the exercise and resultant energizing of the otherwise stagnant currents even more than the muscular structure. But that usually gets all the attention while these finer Energy Fields are neglected.



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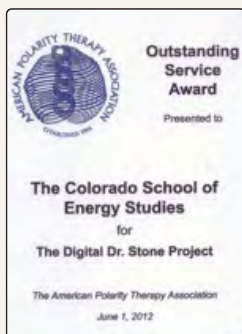
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A Self-Help Series of Postures for Special Conditions

Exercise for Polarizing the Energy Currents

The second exercise using the natural power of breath is the following - based on *the perfect neutral position of the body*. The embryo in the mother's womb is the beginning of the *perfect posture*, where all the energies can flow freely to build a perfect body.* To assist the body in repairs and building or rebuilding, some relationship to this primal position is used in many exercises for the particular purpose of *encouraging more Energy Flow*, especially when used together with the emphasis on the Life Breath.

This posture is wonderful for the relief of nervousness and excess gas.

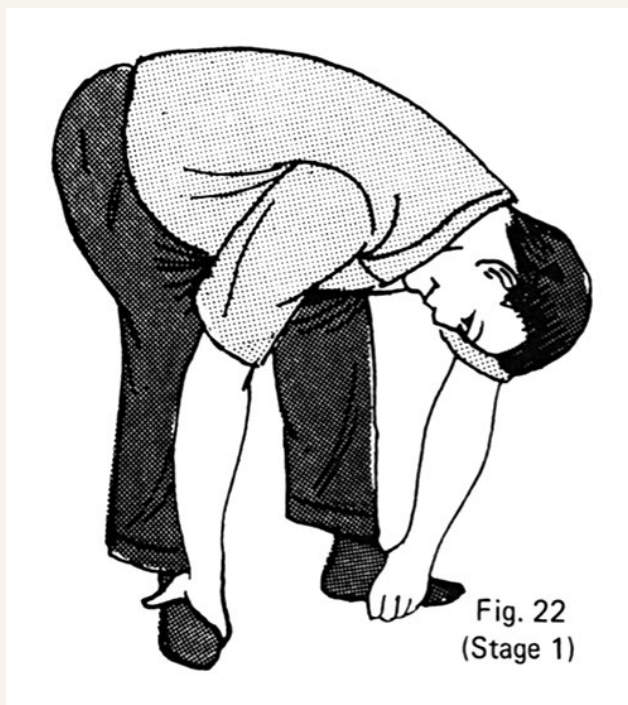


Fig. 22
(Stage 1)

* Dr. Stone's books *Energy* (in Volume I of the *Collected Works*) and *The Mysterious Sacrum* (in Volume II of the *Collected Works*) provide further explanation of this concept of the perfect posture for energy flow and human regeneration deriving from the embryo's position in the womb.

CHART No.15

EXERCISE FOR POLARIZING THE ENERGY CURRENTS

THE PERFECT NEUTRAL POSITION OF THE BODY. The embryo in the mother's womb is the beginning of the perfect posture, where all the energies can flow freely, to build a perfect body. (For further explanation, see Chart No. 5 in "ENERGY", page 49; Chart No. 10 in "THE MYSTERIOUS SACRUM", page 42; and page No. 9 in "THE NEW ENERGY CONCEPT".

To assist the body in repairs and building or rebuilding, some relationship to this primal position is used in many exercises for the particular purpose of encouraging more Energy Flow, especially when used together with the Life Breath.

This posture is wonderful for the relief of nervousness and excess gas.

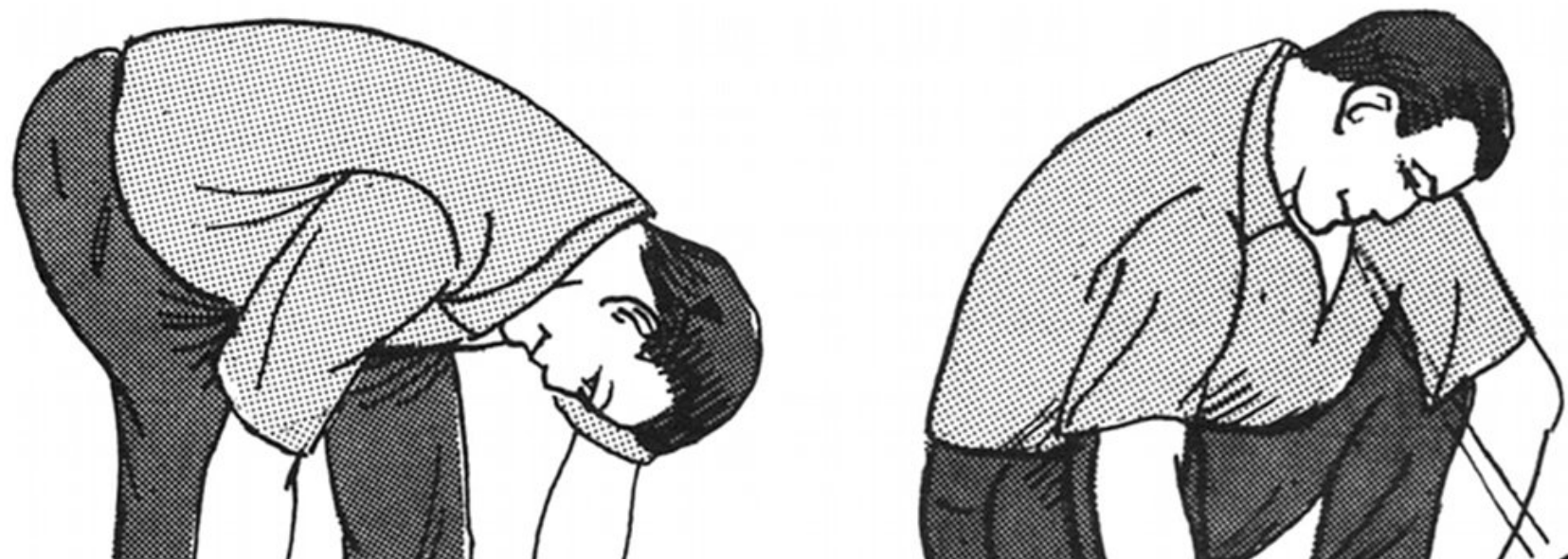




Fig. 1



Fig. 2

In doing these exercises, choose a free space on a soft rug so that if you topple over in your first attempts you will roll like a ball without hurting yourself.

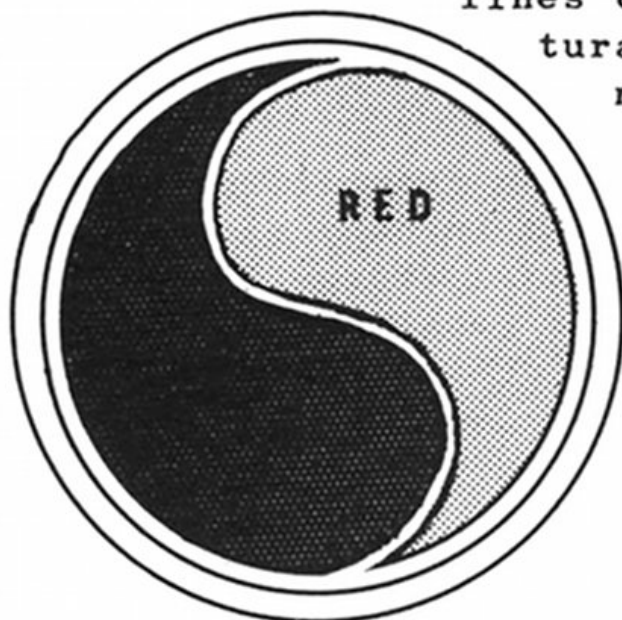
This neutral position of the body is completed with the hands under the arches of the feet, so the Polarity Currents can flow. The elbow joints are over the knees and the head is bent forward in a relaxed position in order to stretch the muscles of the neck and back.

Then a rocking motion is used - forwards and backwards - while the hands are pulling on the soles of the feet. Breathe out when the abdomen is squeezed by this motion, and breathe in when it is thus released. Next, rock from side to side and continue the same natural way of breathing as with the forward and backward motion. After that, rotate the body in a circular motion - clockwise and counter-clockwise - in as wide a circle as possible. This strengthens the pelvic muscles and is very helpful for lower back conditions. (For further explanation, see the charts in "EASY STRETCHING POSTURES FOR VITALITY AND BEAUTY".

CHART No.16

THE PRIMAL ENERGY CURRENTS OF LIFE AS THE THREE DOSHAS OF AYURVED: 1. WARMTH, FIRE, MALE, POSITIVE; 2. MOISTURE, WATER, FEMALE, NEGATIVE; 3. OXYGEN, AIR, NEUTER.

THE EMBRYONIC PATTERN OF LIFE ENERGY can be traced in the body by geometric lines of force radiation like the atom, and by structural correspondence of proportions of superior, middle and inferior fields as well as polarity reaction in these fields. See Charts 1,2, 3,4,5,6,7,8 in WIRELESS ANATOMY.



The Yang and the Yin as the microscopic eternal male and female in endless embrace of motion and attraction.

See Chart No. 1 in VITALITY BALANCE, as the Eternal Flame of Life, creating upward and downward motion and light in the spheres above and below.

See Chart No. 11, page 18 in WIRELESS ANATOMY as the three triangles of energy which create above and below forth

Three currents - positive, negative and neuter - called Gunas or Doshas in the Ayurvedic System, operate in the three dimensions of space and build all forms and bodies, Nature's way. This is the energy play in finer substance, like the atomic charge of positive and negative around a neuter center or nucleus.

This is a new approach to the healing art, explaining the fields and the wireless energy which built the body and sustains it. Specific functions and motions are evolved from this simple beginning into a complex whole. In space it is superior, middle and inferior or height, breadth and thickness in

ANATOMY as the two triangles of energy which energy plays and brings forth in action in the human body, going down forms.

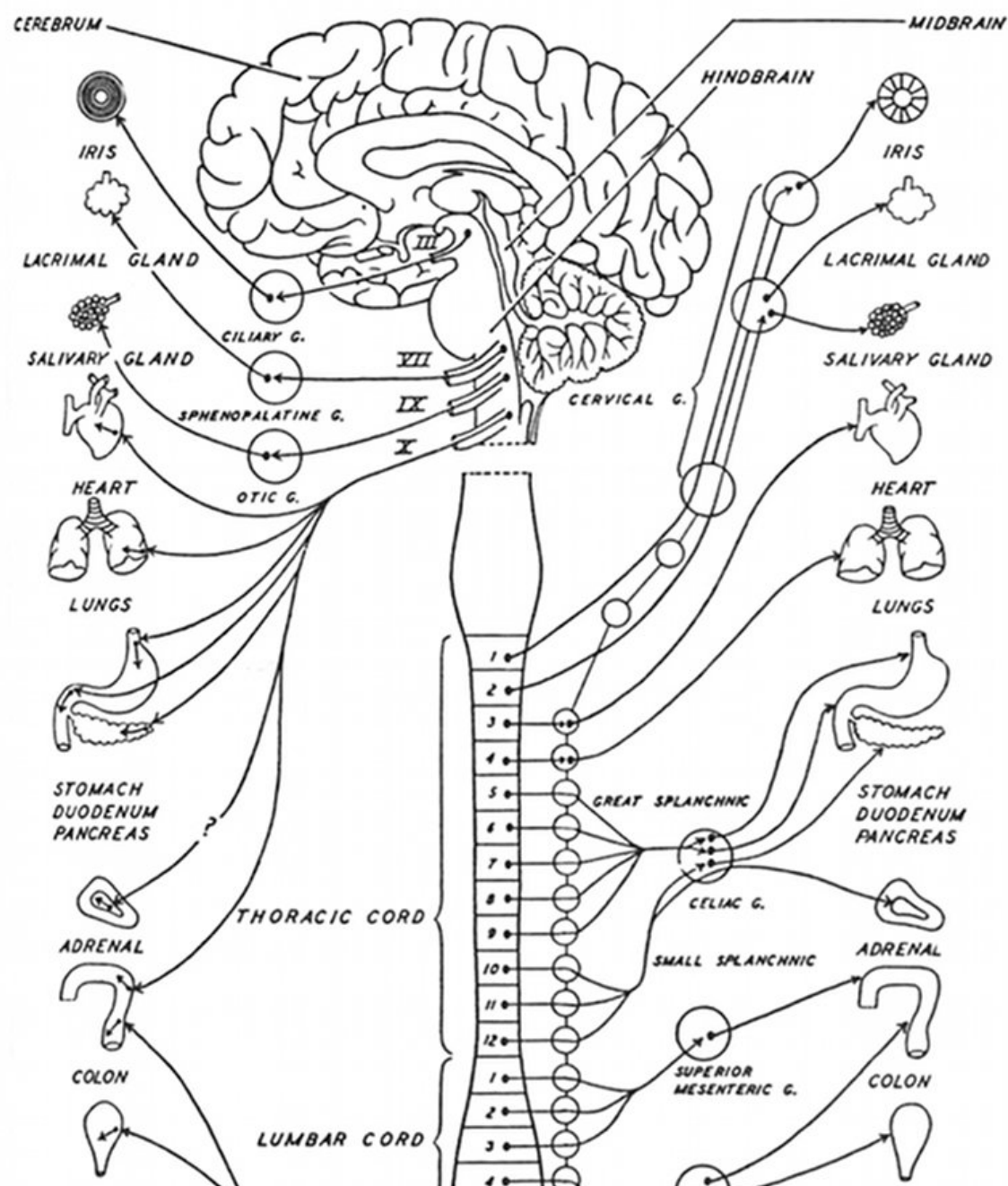
and up, like a window shade in motion; Mind pattern energy and mind substance (or Chit) built the three-fold nervous system thru the Tri-also Chart No. 14, page 21 of the same book, as energy weavings of fibers. See also Chart No. 7, page 54 in POLARITY Guna Polarity, to be actively reflected therein thru stepped-down energy waves along conductors for specific local function and action, like a telephone system. Body cells reproduce themselves by this bipolar energy activity.

Male and female everywhere are the active factors with a neuter field for gestation. Father, mother and child are the human family completed. In the Chinese system this was illustrated as the Yang - red, positive - and the Yin - dark, negative - energy as its reflection entwined in endless motion.

The prime energy can be traced in the body by its function and geometric lines of force, as action and reaction to stimuli, different from nerve tracing and response. The design is the WIRELESS ANATOMY and the function is the POLARITY PRINCIPLE in action. Upon this basis finer tracings of energy blocks can be achieved and proved in practice with better results than mere mechanical or chemical therapies.

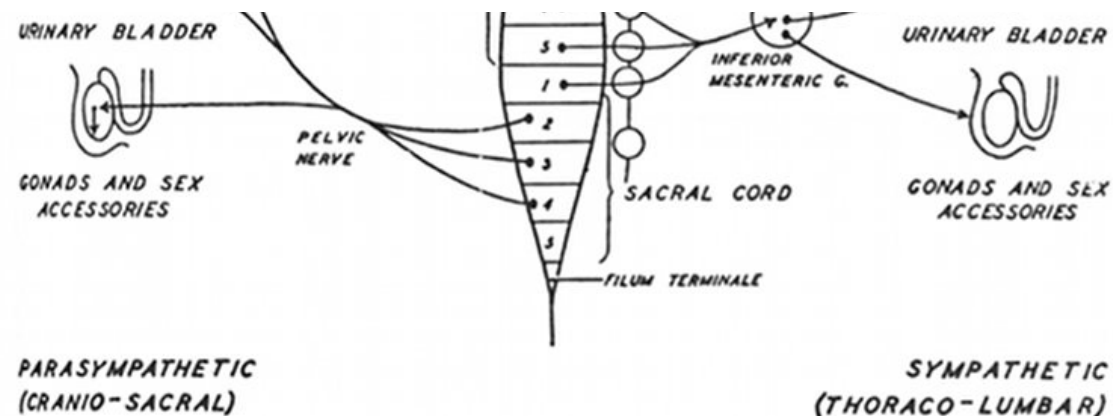
CHART No.17

THE THREE NERVOUS SYSTEMS AND THE THREE WIRELESS ENERGIES WHICH BUILT THEM AND SUSTAINS THEM



The Fire Principle radiates like atomic warmth from the chakra at the umbilicus, in oval waves, outward, and creates the vital aura of devotion shown in pictures of the saints. When stepped down it works thru the sympathetic nervous system as autonomic function, to sustain the body. See Chart 2 in this series.

The Airy Element is illustrated in Chart No. 12 of this series. It works thru the parasympathetic system, above and below, from the outside in and out. Air expands and locks up function in tissues, causing spasm and pain anywhere. It acts as a brake to the motive energy, like an air gap in conduction. Most pains are due to expansion and gas formation in tissues before the actual gross accumulations occur. Great relief can be given by removing these energy blocks and clos-



A diagram of the autonomic nervous system. The parasympathetic division is shown on the left, the sympathetic division on the right. Roman numerals refer to cranial nerves.

NOTE: This diagram is reproduced from Part 1, Lecture No. 1 of "Chiropractic Neurology" by kind permission of Otis J. Briggs, D.C., Ph.C., Dean and Instructor at The Indiana Chiropractic College, Indianapolis, Indiana.

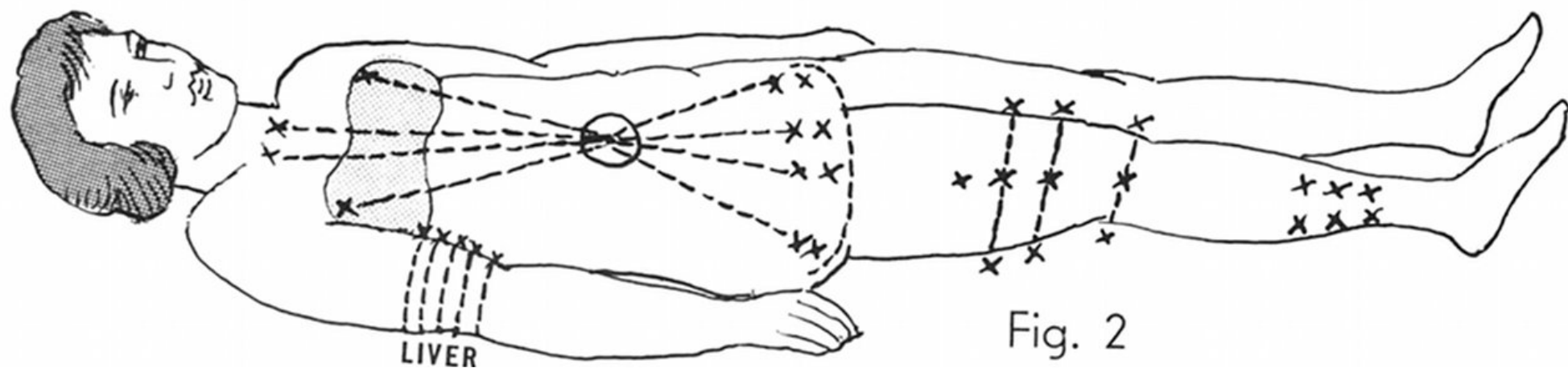
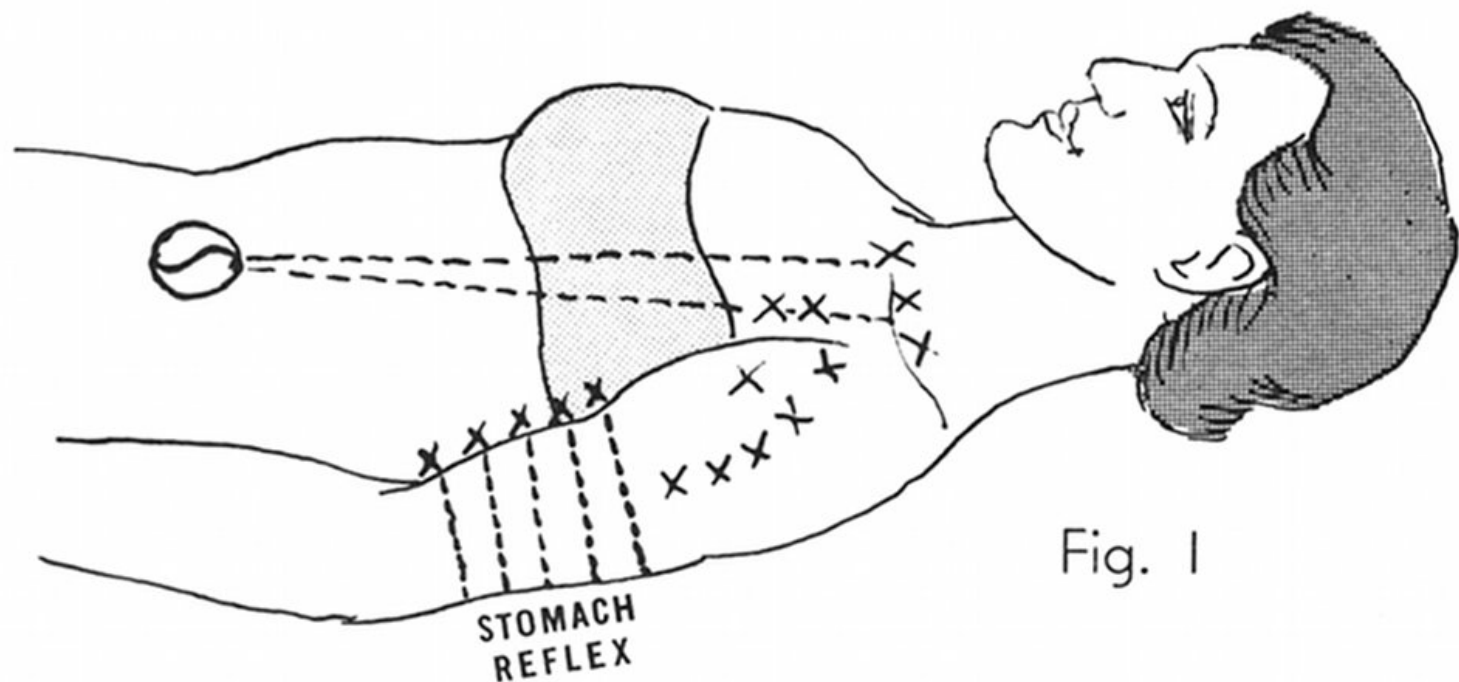
The Water Principle acts in the cerebrospinal system and its fluid in the arachnoid space. Moving this is better than vertebral adjustment for pain and spasm. Nothing can be forced when tension exists in the tissues due to the air locked in the cells. See Chart No. 1 in this series. This is the North and South Pole POLARITY in the body and its zones are illustrated throughout the book, "WIRELESS ANATOMY".

ing the wireless gap by means of POLARITY APPLICATION over the polarity regions, above and below, as shown in WIRELESS ANATOMY and in POLARITY THERAPY, as well as over the parasympathetic regions shown here, for specific response. This is a simultaneous contact with one hand above and the other below. See Chart No.4, page 11 in WIRELESS ANATOMY. Stimulating the Fire and Water principles by POLARITY, in their local fields, will move the Airy blockage by flowing thru it.

CHART No.18

VITAL WIRELESS THERAPY THRU THE FIERY EVOLUTIONARY
ENERGY IN THE UMBILICAL CHAKRA OR CENTER.

The umbilicus is the center in the body thru which the Life Energy can be influenced. It is the link to the Primal Energy of the Yang and the Yin of embryonic life impulses which, in their ceaseless churning, wove the pattern of the body into tissues.



REFLEX

The fiery Sun Energy radiates from the center of the umbilicus, outward, in its warmth of circulation. In this middle region it is the fire of digestion, above it is the light in the eyes, and below it is the power in the thighs. See Chart No. 7, page 54 in POLARITY THERAPY.

TREATMENT: (BLOODLESS SURGERY WITHOUT BREAKING ADHESIONS) Find the tension in the umbilical ring and place a deep but gentle thumb contact in it. By directing it upward toward the eyes or the thyroid, with a simultaneous lift under the clavicle with the other hand, the areas will respond. Directing this thumb contact upward to the 3rd, 4th and 5th ribs on the left together with corresponding Polarity contact with the other hand over these ribs, will release stomach spasms. Symptoms of Angina Pectoris are relieved by this same contact when alternated with the arm contacts together with the directional umbilical contact. The umbilical contact along with the Polarity contact on the 3rd and 4th ribs on the right side elicits gall bladder and liver response. Downward direction of the thumb in the umbilicus, with specific abdominal Polarity contacts with the other hand, will open the energy circuit to any of the pelvic organs, including the prostate. Polarity contacts on the thigh elicit digestive, intestinal and kidney response; also affect the circulation in the head. Useful in Epilepsy, High Blood Pressure, etc., where the Polarity circuits are blocked.

CHART No.19

Figure 1 - HEAD AND FEET POLARITY RELATIONSHIPS

Figure 2 - LUMBO SACRAL DIAGNOSIS AND TREATMENT

The functions in the head and brain areas can be influenced thru the negative pole of the feet by stimulation or heavy pressure on specific spots in the feet. The reason is that the feet are the end of the circuit or the negative pole of the embryonic energy currents which built the body. The heels correspond to the occiput - the inside to the center areas and the outside to the sides of the occiput.

That soft portion of the arch, underneath, has its reflex not only to the abdominal areas and organs but also to the brain areas which govern them. This is the path of the Primal Energy Pattern, from above downward.

The toes have an influence on the frontal portion of the head and brain. Stubbing our toes has also a mental implication. See Chart No. 6, page 43 in VITALITY BALANCE.



Fig. 1

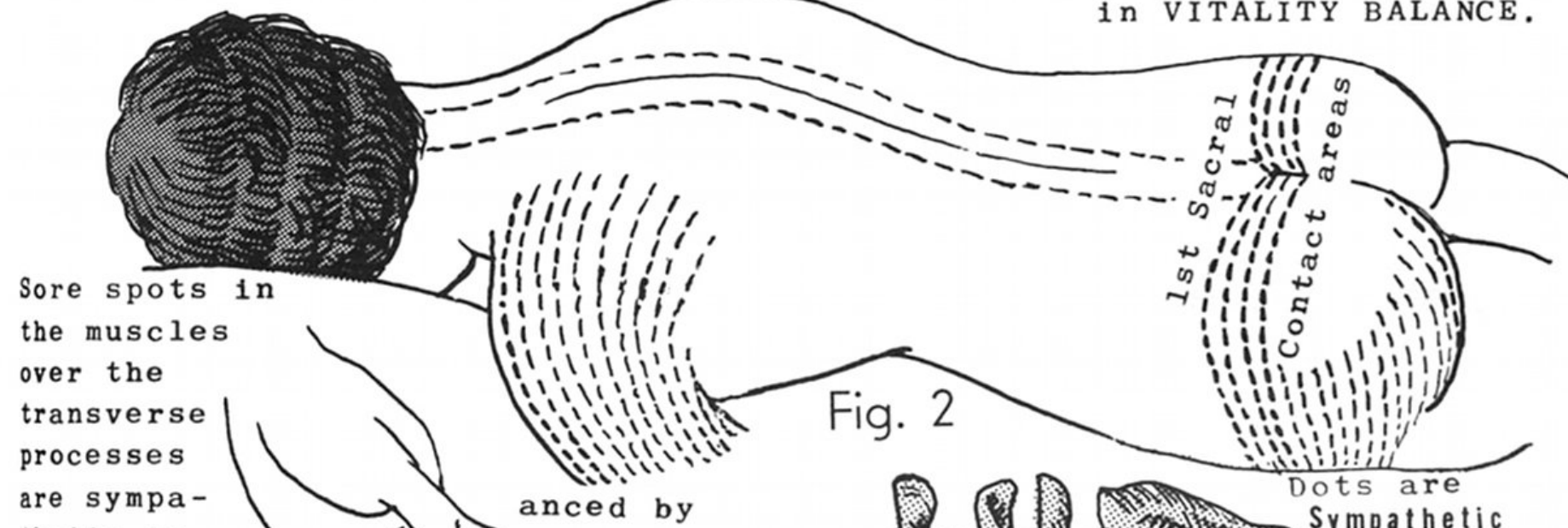


Fig. 2

thetic re-
flexes which
can be bal-

Fig. 4



Polarity
Technique with-
out adjustments

The 5th lumbar

position in relation to the sacrum
can be detected by sensitive fingers,

bent to make an even line, as illustrated by the hand in this chart. Compare the 5th lumbar spinous process position to the 1st sacral spine. The patient lies on a roll or cushion to bring this area upward for better observation and touch. Next, note the tenderness on the spinous process on each side. The sorest side is the one in distress. It is usually rotated laterally, anterior and inferior on that side. Check the 5th lumbar on each side.



Contact Areas

Ganglion
of Impar

Fig. 3

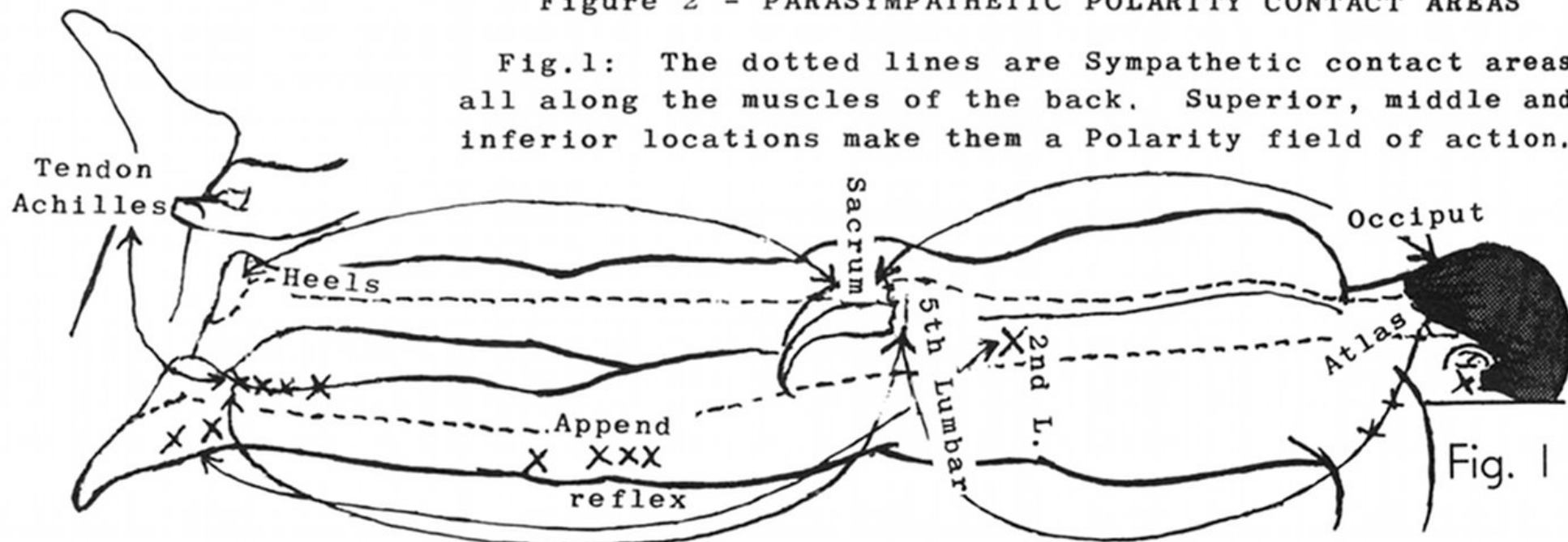
TREATMENT: First release the parasympathetic spasm as shown in Chart 20 as well as 18 of this series for sympathetic release. Use a perineal contact on the densest spot in that area on that side. See Chart 8, page 81 in "ENERGY" for the perineal area, also Chart 30, page 37 in "WIRELESS ANATOMY" for details. Then make gentle contacts, posteriorly, on the sympathetic areas shown here for relaxation around the innominate rim. Also inhibit tension spots along the spine, over the transverse processes, together with polarity contacts below. Then a correction can be made with only ounces of pressure while the patient lies on the sore and inferior side. This is done with one finger on the lateral spinous process and the thumb over the gluteal muscles. See Chart 34, page 41 in "WIRELESS ANATOMY"

CHART No.20

Figure 1 - SYMPATHETIC POLARITY CONTACT AREAS

Figure 2 - PARASYMPATHETIC POLARITY CONTACT AREAS

Fig.1: The dotted lines are Sympathetic contact areas all along the muscles of the back. Superior, middle and inferior locations make them a Polarity field of action.



The left side of Fig. 1 shows the POLARITY of the occiput as the superior positive pole, the sacrum as the middle or neuter pole and the heels as the negative inferior pole. In Polarity Therapy all three are used on both sides, to balance the structure below with the impulse above.



STRUCTURE IS FROM BELOW UPWARD. IMPULSE IS FROM ABOVE DOWNWARD.

On the right side we show the corresponding polarity of the atlas as the positive pole above, the 5th L. as the neuter pole in the middle, and the tendon of Achilles as the negative inferior reflex area pole. See chart 2, page 15 in "VITALITY BALANCE" for cervical and lumbar relationship.

An excessive impulse from above produces a lesion below. And a subluxation below, due to trauma, causes a lesion above in the cervicals. The soreness found by palpation is the guide to diagnosis.

Impulse from above supplies the structure. And structure imbalance from below perverts natural impulse by blocking its flow.

On the right of Fig. 1 we also show an appendix reflex area, near the knee, with a 2nd L. lesion on the right transverse. This would show a sore 4th C. on the right, with a shoulder reflex. High on the arch of the foot we also have a reflex from the 2nd L. See chart 19, page 93 of "VITALITY BALANCE". Always find your negative pole resistance in the feet, which goes with every spinal lesion as a chronic reflex lock.

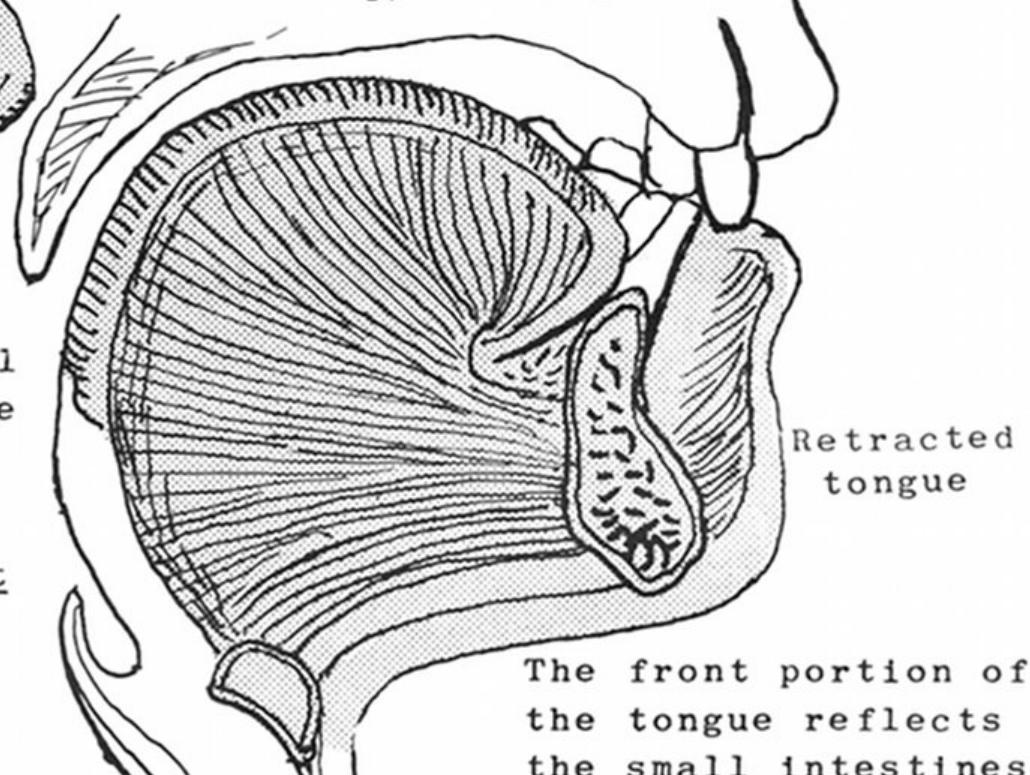
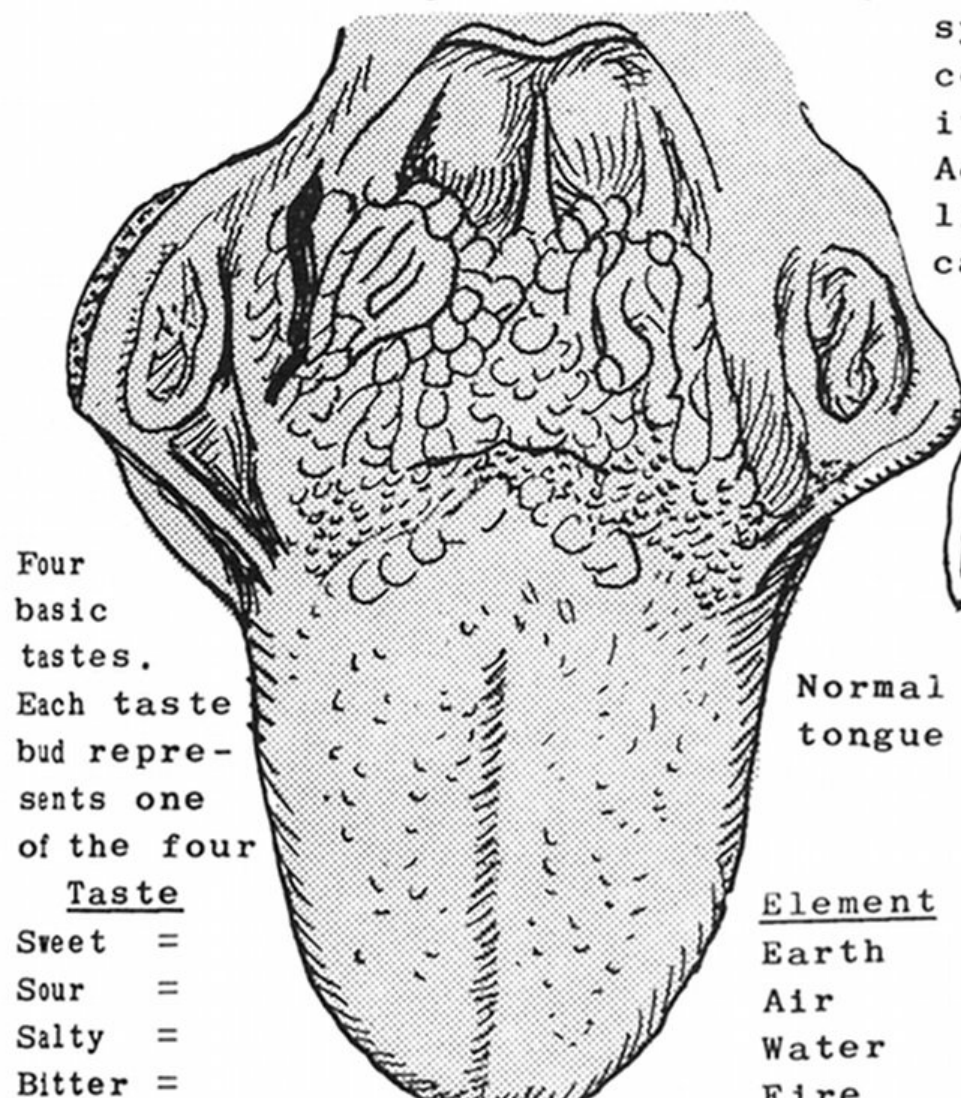
Fig. 2 gives the Parasympathetic areas below as the negative pole in the perineum, and the neuter in the sacrum, and over the shoulders as a contact near the pneumogastric nerve, the positive contact pole for release.

The top of the head reflects to the perineum. The lower occiput reflects to the sacral parasympathetic nerves.

CHART No.21 BRIEF NOTES ON DIAGNOSTIC SIGNS OF THE TONGUE AND VOICE

The tongue is the digestive indicator. It is a miniature picture of the gastrointestinal tract. The reflexes from the organs to the tongue are similar to their locations on each side of the spine. The interpretive range is up to the diaphragm only as shown by its retracted, curved position. The tip of the tongue represents the pelvis as an erotic reflex. A thin, central line or groove on the tongue represents the central nervous

system. Deep lines indicate poor conditions. Transverse lines across it show interference in energy flow. Acute conditions are indicated by light lines. Deep cracks indicate chronic conditions as serious energy blocks.



when the entire front of the tongue is fourth of its length. The colon area is on the tongue, on each side. Deep cracks are sides, which means a bad colon on that side and local area.

Mucous on the tongue is a catarrhal symptom. When deep and furred, it is chronic. When it is light and can be brushed off while cleaning the teeth, it is acute but not serious. Giving rest to the digestive system and partaking of no mucous-producing food, like milk and starches, is a great help.

The reflex to the diaphragm is at the top of the curve, with the stomach reflex on the left and the liver on the right side. Pressure or stimuli on the posterior curve has a gagging effect, as reflexes from the organs.

The back portion of the tongue gives reflexes to organs located posteriorly and lower in the abdomen and into the pelvis. Pressure applied on the back of the tongue with a tongue depressor relaxes tension in the lower bowels and in the pelvis. It stimulates natural elimination and has been used for spastic colitis and menstrual cramps.

THE VOICE IS LIKE A SOUNDING BOARD. The tone of voice reveals the Inner Energy that is active. Its volume and intensity reflect the latent energy in the patient. Listen and learn is the key. The particular cries of a baby are interpreted by every mother. Why not the sounds of adults by their physicians? In illness a weak or hollow voice indicates a bad condition, while a firm or a mean one indicates that the patient has latent strength.

like in typhoid,
fiery red up to one-
the outer borders of
often found on the

CHART No. 22

Figure 1 - SACRAL CORRECTION BY LEG LEVERAGE TECHNIQUE

Figure 2 - THUMB AND HEEL OF HAND CONTACTS

With a good, soft bolster or wedge-shaped pillow under the patient to release the sacral lock and lumbar tension, a sacral correction is possible by both methods - Fig.1 & Fig.2.

Using the legs for leverage is of great help to relax them and the pelvic muscles. It is unique for good results and saving the doctor's energy. Many combinations of contacts can be used with this leverage from the sacrum to the occiput, for sympathetic and parasympathetic tension release along both sides of the spine and over the sacrum.

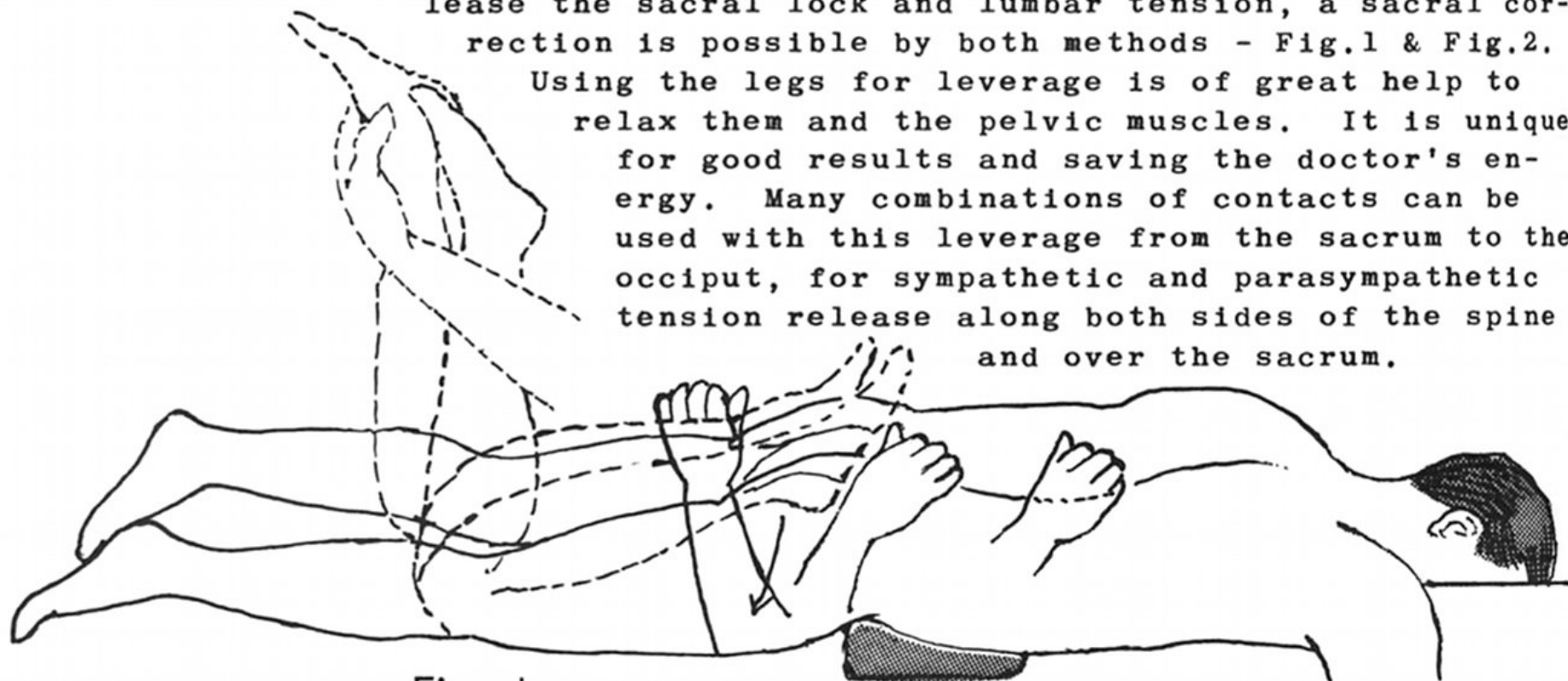


Fig. 1

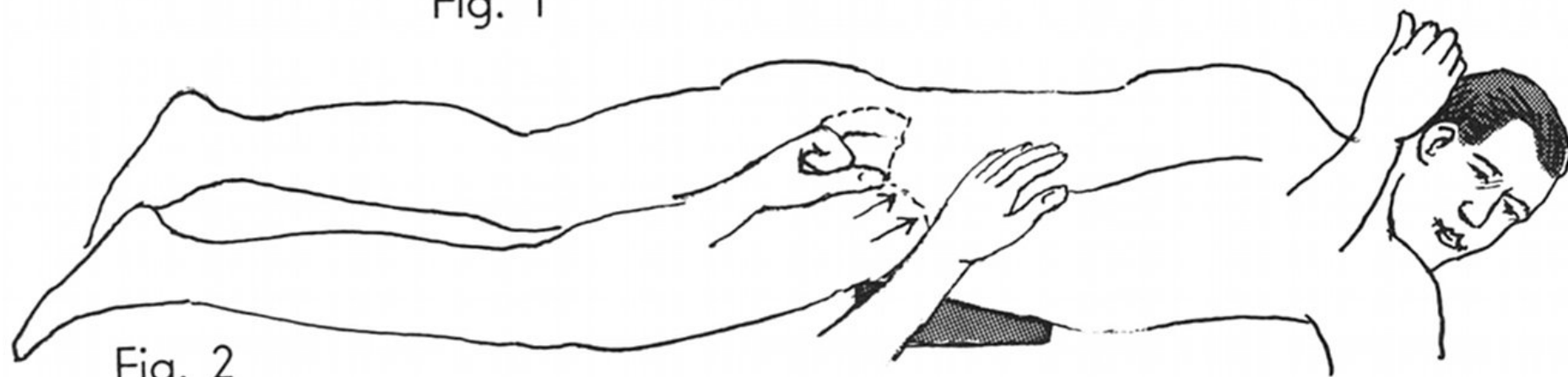


Fig. 2

The doctor stands at the side of the inferior sacral base and at the side of the curve in the spine, grasps both legs together, with one hand on the outer leg, and swings them slowly towards him. With the heel or the thumb of the other hand he supports the inferior sacrum in an upward lift and toward the opposite side, while rocking the legs toward himself and toward the patient's thigh. This is a powerful correction for the base and pelvic anteriority on the far side. The heel of the other hand can move up on that side, over all the spinal muscles, while the legs are used as a lever for release in a corrective direction.

In Fig. 2 the thumb or the heel contact of the hand is directed on the inferior sacral base, as a lifting fulcrum.

Contacts on the muscles of the inferior ilium are also used in an upward direction for SYMPATHETIC RELEASE over sore spots there. The other hand is simultaneously placed on the occiput with the sacral contact as its opposite polarity pole. Occipital stimulation releases the locked up energy impulses.

When the lower contact shifts to the lumbar region, then the cervicals are stimulated simultaneously.

These moves can be used on either side, with skill and a little pressure, for remarkable corrections along the spine, from the base upward.

CHART No.23 Figure 1 - POLARITY LEVERAGE FOR SPECIFIC SPINAL ADJUSTMENTS.

Figure 2 - FOOT TECHNIQUE FOR SCIATICA, COLON AND HIPS

The neck contact requires the pressure of one finger specifically on one cervical lamina, to release the impulse there by repeated stretching movements and rotations.



Fig. 1

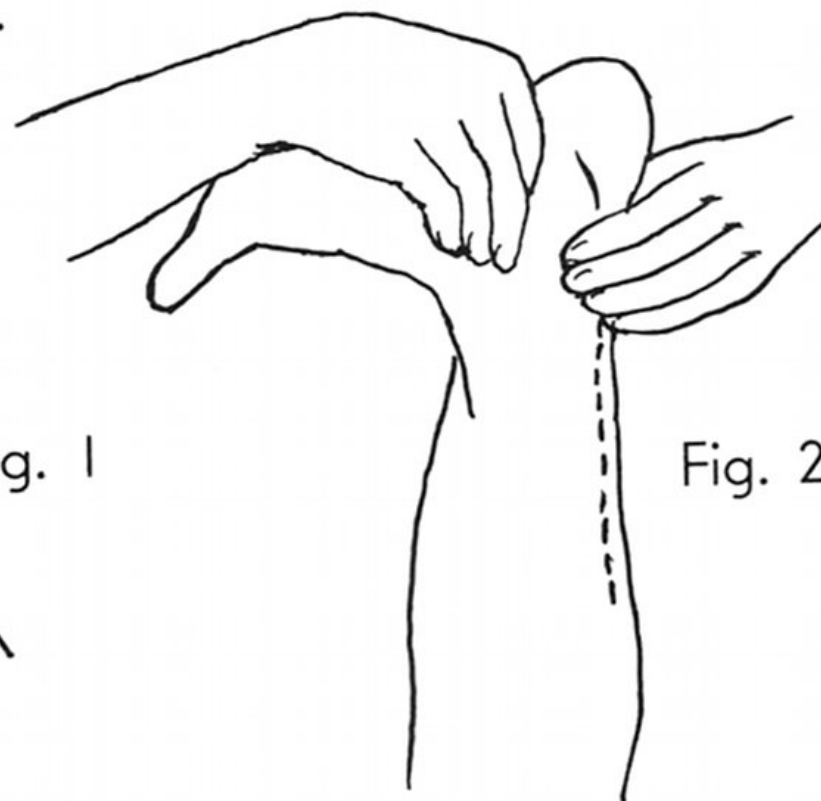


Fig. 2

muscles and gravity pull. By careful palpation on the cervical laminae, the most tender area can be found on one side and traced to the corresponding lumbar lesion, and corrected.

The neck is the positive pole

Have the patient sit well back on a

to the negative lumbar region. This Polarity relationship is illustrated in VITALITY BALANCE page 15, chart 2. Stimulation above and adjustments below are carried on simultaneously. The direction of the thumb fulcrum determines the specific adjustment to be made. See "Country-side Technique" in WIRELESS ANATOMY, pages 54-59. This specific contact with leverage is the quickest correction for all lumbar inferior and posterior subluxations; also for lateral side slips. It is unique for Sciatica and leg conditions.

Cervicals and lumbar are opposites on the double 'S' curve of the spine, and in direct line of leverage by the spinal

stool. Place your arm under the shoulder, on the side where you found the sorest cervical, and swing the posterior side anteriorly. The arm should fit snugly under the shoulder and the hand below the occiput, over the atlas, for a 5th L. posterior; on the axis for a 4th, etc.

If the sympathetic and parasympathetic have been released first, the adjustment will happen naturally by correct position and the leverage used.

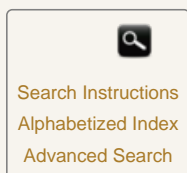
Fig. 2 - The foot is leveraged on the leg and released repeatedly with one hand while the other hand works out the energy blocks in the Achilles tendon area, up to the middle of the calf of the leg. The patient lies face-down for this correction.

The tendon Achilles is the negative pole to the 4th lumbar and upward. The release of these energy blocks is essential in Sciatica, to free the sciatic nerve impulses.



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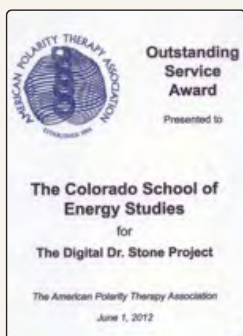
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Chart No. 3

[See [Book 3, Chart 3](#)]

interesting and helpful by close observation of Nature and its function in man in health and in dis-ease [disease].

The third or ring finger reveals the Sun energy influence on the individual vital force, in the generative organs. The ring is the symbol of marriage and union of this force in the male and female aspect, as positive and negative polarity joined into one, necessary for reproduction of offspring. The condition of this nail and finger can reveal much of the state of health of the pelvic organs. Also, the lines of the bracelets immediately below the hand indicate pelvic reflexes, whether strong, weak or broken. This is a valuable indicator in women patients as it reveals whether or not there is capacity to bear children without difficulty. Weak and broken lines in the bracelets indicate obstacles and difficulty in this respect. Ridges or split nails on the ring finger indicate bladder or uterine trouble in the female, also prostate trouble in the male.

The little finger is the Mercury finger and is the messenger of the forces from above. It represents the rectal center and tells its story of energy flow through proper elimination, condition and function.

POLARITY CONTACTS on any finger or toe, and over the local area it represents, will elicit definite response by improved function through polarizing the circuit of energy flow.

HORIZONTAL LINES OF POLARITY flow from east to west and return from west to east again; from the front of the body to the back - as sensory impulses - and from the back of the body to the front - as motor impulses. The function of these currents is mostly automatic or unconscious and is for body maintenance.

VERTICAL LINES OF POLARITY flow from the north pole of the head to the south pole of the feet and return to the head again. Please refer to charts No. [3](#), [5](#), [6](#), [7](#), [8](#) of book II. These are mostly special sense functions for daily action.

When exhaustion takes place through too much strain or outside tension, then the intersecting lines block each other and the energy fields and currents are in trouble. FOR GOOD RESULTS, these fields must be relieved of the obstructions and correlated through POLARITY PRINCIPLES which may be applied in any or all types of therapy. This, in brief, is the story the hands can tell of POLARITY AND ITS VITAL FORCES OF ACTION.

The blood contains three active vital currents which animate it and produce the circulation which makes it the life-giving fluid to every cell in the body. These three fluidic currents of energy respond to and are the messengers of the three vital centers in the body. The head, with the brain and nervous system, gives the AIRY energy its basic field of operation. It is the airy mind principle and intelligence of the soul which circulates in the blood stream as a pattern energy, like the sensory pattern in the finger tips. It is the 'Word' of life as the ultrasonic sound principle, breathed into man at the time of Creation. This makes him a living human being, the mortal house of a soul.

This energy current is also charted in the palm of the hand of man^[1] as the head line, a further pattern indicator of the mind energies in addition to the finger print patterns, and they are different in every person. The head line is

the second line in the palms of the hands. The clearness, the depth of this line, its course and the length of it give a fair indication and microfilm

¹ The practice of palmistry.

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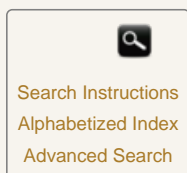
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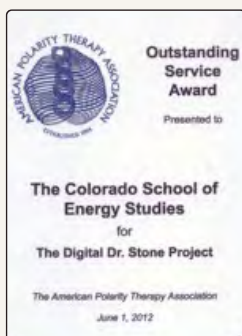
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Leeches and Their Value in Polarity Therapy^[1]

Atomic research has clearly demonstrated the energy principle as the foundation of all matter. Obstructed energy fields are forces in turmoil and ready to erupt any time, wherever they are. All contending forces leave a residue of refuse and destruction on the battlefield. Even so, do the unpolarized contending forces in the blood stream leave a host of dead red and white cells, loaded with impurity, in any area where the residue may be accumulated after many battles, when the natural forces are not able to cope with them through the usual channels of elimination. The residue is then pushed to an external location, if possible, where there is less danger to the vital force by this blockade. If this is not possible, then there is great danger of serious damage to central organs and to life, as in apoplexy, cerebral hemorrhage and the like.

The application of leeches is an old therapy but no such reason for their use has ever been offered. In fact, blood-letting [bloodletting] and leeching was overdone in the middle ages in Europe. The simple theory behind it all was that in the blood was the impurity which endangered life; so they let some out for every occasion, with the idea of purifying and thinning out the rest. The three disease-producing factors were said to be in the blood, and so they were letting it out.^[2] The practice was abused because it was not understood. However, when the blood becomes too impure to act as a conveyor of the life forces because of heavy diet and lack of elimination, something should naturally be done about it. Un-oxidized tissue dies of asphyxiation much the same as the sum total of cells - the individual.

Proper diet may prevent further filling up of the blood stream with wastes, but it seldom takes care of the blood sludge which has accumulated. Merely letting out some venous blood from the circulation through venesection is not clearing the deposited accumulation which has been scattered through muscle tissue, like in lumbago and other acute cramps of muscles. These blood particles may even become crystals, so sharp that they cut the tissue cells in which the waste deposits lodge, when the muscle attempts to contract. Be that as it may, the absence of oxygen and the life energy is quite sufficient to cause paroxysm in the affected area, through the asphyxiation of tissue cells. Also, the energy currents blocked there, accumulate sufficient back-pressure for constriction or swelling, through excess of material in the blood which is caught in the tissue cells and cannot escape because the proper solvent is not present to release the chemical block from this accumulation.

The factors are first vital, then chemical through oxygen starvation and wastes; also mechanical in quantity pressure and the sharpness of the acid particles in the tissues. The situation is like a morass locally, or quicksand in a roadbed. The impurity may be so great that this blood could not be allowed in the general circulation without producing a fatal reaction when it strikes a vital center like the floor of the fourth ventricle of the medulla oblongata, or the bundle of His^[3] in the heart, etc.

In secondary local conditions of severity and chronic accumulation, the gentle withdrawal of the blood sludge - by the application of leeches - would be a help to the system and a relief to the patient. FRESH BLOOD HEALS BECAUSE IT IS A CARRIER OF THE LIFE ENERGY IN THE OXYGEN CONTENTS OF THE BLOOD. As the blood sludge is slowly removed by the application of leeches, the body manufactures pure, fresh blood to take its place in the circulation; whereas the sludge was stagnating in the local area and obstructing perfect circulation.

Even after the acute stages of cerebral hemorrhage have passed, the local application of leeches relieves the brain tissue of the blood sludge which otherwise obstructs vital brain areas

¹ NOTE: Medicinal usage of leeches is still widely practiced today. However, the receipt and use of medicinal leeches is a regulated practice. Legally, leeches cannot be used without an appropriate professional status. Dr. Stone's books were intended for primary care medical professionals who had such status. If you plan on incorporating leech therapy, be sure to learn the regulations and laws regarding its practice for your country and area.

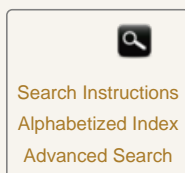
² Bloodletting was an aspect of an ancient medical system founded on the idea that health was based on maintaining a balance of the four humors: blood, phlegm, black bile, and yellow bile. Even after the humoral system was abandoned in favor of Enlightened medicine, the practice continued well into the 19th century.

³ The bundle of cardiac muscle fibers that conducts the electrical impulses that regulate the heartbeat; also called the atrioventricular bundle. It is named for Dr. Wilhelm His, Jr. (1863-1934), a Swiss cardiologist and anatomist.



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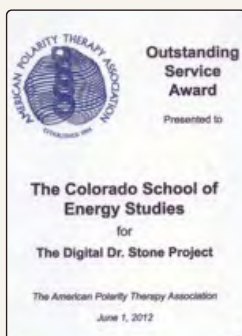
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Gas Releasing Techniques According to Polarity Principles

As the airy principle [Neutral principle¹] is the first essential essence in the life currents in the body, it is also the one most frequently involved in pains as a negative effect. Gas pressure may diffuse and manifest as painful symptoms in muscle tissues, the bowels, or even in the head, very much like a gas bubble in a hot water pipe.

The colon is the largest reservoir of the gases in the body and it represents the neuter [neutral] pole of the airy principle [Neutral principle¹], and may reflect anywhere in the body as steady gas pressure until released. This may manifest as pains shooting and darting from place to place. Cramps in the calves of the legs are one of the symptoms due to gas in the muscles because of excess gas pressure in the colon.

The colon as a whole, the cecum [caecum] and the sigmoid are often distended and displaced by excess gas pressure which usually results in head symptoms. All gaseous type patients, with every kind of head symptom, even epilepsy, do well by using quantities of warm water in the rectum - taken directly from the tap, letting it run in and expelling it quickly - as a home therapy, to draw the gases and blocked energies downward. In these conditions the energy seems to rush toward the head, producing such violent symptoms as are found in epilepsy, etc. Therefore, the downward drainage and expelling impulse should be encouraged to counteract the excess upward rush of the downward-flowing energies and gases. These cases are typical colonic type patients because the colon is the gas reservoir for the entire body.

For home treatment, the patient will get best results by taking the warm water, properly tempered, directly from the faucet, through a soft rubber hose, without the use of a nozzle or any type of rectal applicator at the tip which is inserted in the rectum. A mild lubricant or soap may be used on that end of the hose for easy and painless insertion. The water should be running and properly tempered before the hose is inserted. One inch or so is sufficient for the hose to go into the inner sphincter [sphincter] muscles. This avoids doubling up of the tube or contact against the feces and is easier for the rectal muscles.

The warm water is repeatedly run into the rectum under pressure and is immediately expelled on every defecating impulse. This has a tendency to draw the gases downward by the expelling force and a reacting suction movement which results in stimulating the rectal function. This type of colonic [enema] is best taken in a squatting position as shown in charts No. 63 and 64 of the supplement to book II, over the oriental type of toilet. When such is not available, the next best thing is to take the position in the bath tub, taking the water in and quickly stepping to the toilet for expelling. If the defecating impulse is sudden, there may not be sufficient time to step to the toilet, in which case the tub may be thoroughly scrubbed and cleansed after having been used for this purpose.

After taking the warm water into the colon and expelling it, repeat this process until the colon is thoroughly cleaned out. Sometimes the feces that have been lying in the upper part of the of the colon are brought down and expelled together with the excess gas, during this process. Sometimes the water comes out clear for a while before small or large round lumps are washed out, which had lodged in the pockets of the colon. These lumps may be present even in cases where patients have apparently normal bowel movements, which go through and are not obstructed by the lumps lodged in the pockets of the colon. Quantities of water and the patient's own

¹ To alleviate confusion between the Three Principles (Fire, Water and Air) and the Five Elements (Ether, Air, Fire, Water and Earth), many Polarity practitioners refer to Dr. Stone's "Fiery Principle" as "Yang," his "Watery Principle" as "Yin," and his "Airy Principle" as "Neutral" or "Tao." See [The Three Principles and Five Elements](#) for more information.

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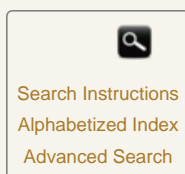
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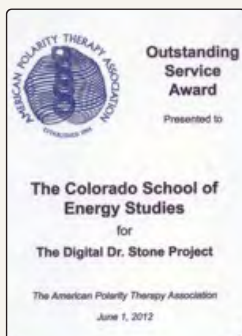
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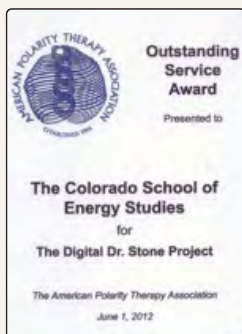
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14 - A Purifying Diet

An Effective Purifying and Reducing Diet, Especially for the Chronically Ill, Based Upon Over 60 Years of Practice & Research

"Man is ill because he is never still."

- Paracelsus^[1] (Often quoted by Dr. Stone)

*The following Purifying Diet should be taken as long as there is constipation,
high blood pressure, arthritis, rheumatism, pain, swelling, congestion,
toxicity, and overweight.*

MORNING TIME is used for flushing the system and cleansing it. No
solids are taken - only liquids, including plenty of fresh grapefruit, oranges
and lemon juice; or fresh grape juice in season; but *no* milk, regular tea or
coffee. It is most important to flush out the liver, the kidneys and the
intestinal tract in this way, to restore their correct chemical function. The
entire well-being of the body depends on this.

Instead of bed tea in the morning, take two or more cupfuls of hot herb tea
made of Licorice Root, Himalayan Mountain Violet, Anise or Fennel,
Peppermint, and Foenugreek [fenugreek], to which should be added at the
time of serving: fresh lemon juice, fresh ginger juice to suit the taste, and
honey if desired; but sugar should never be used. Several glassfuls of this
may be taken at a time during the morning between meals, or any other time
- day or night, as desired. If constipated, use more licorice root and fresh
garlic. In diarrhoea [diarrhea], use no licorice, ginger or liver-flush, but
substitute cinnamon bark in the tea

¹ Paracelsus, born Philippus Aureolus Theophrastus Bombastus von
Hohenheim (1493-1541), a German-Swiss doctor, alchemist, botanist,
astrologist and occultist.



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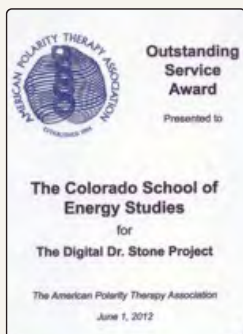
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A Self-Help Series of Postures for Special Conditions

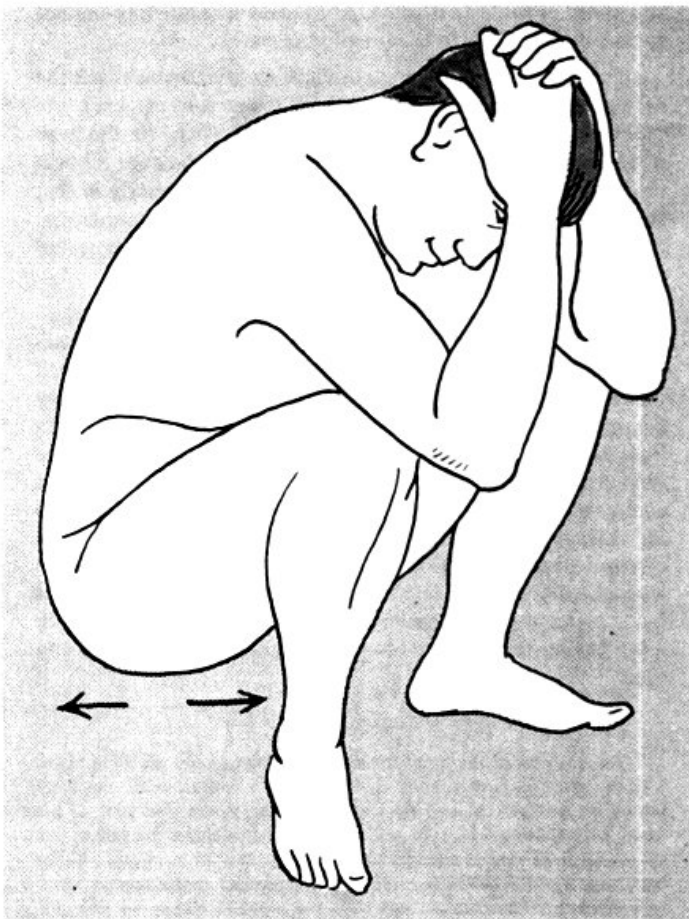


Fig. 5

Youth posture with a spinal stretch.

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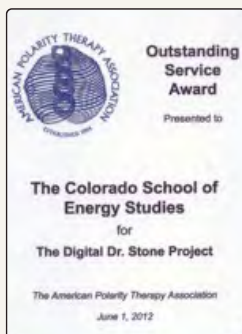
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The Health Postures & Their Stages of Accomplishment

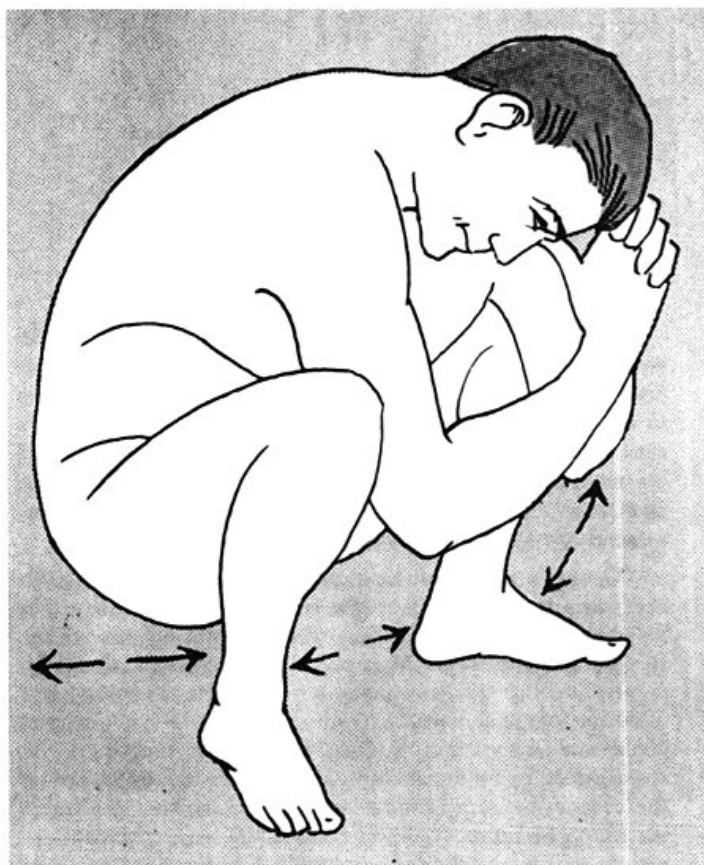


Fig. 4

Youth posture with feet farther apart for greater stretch on opposite groups of muscles and the hip joints.

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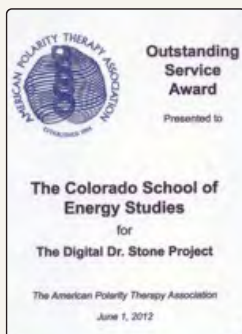
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23 - Polarity Yoga for Health - Simple Stretches for All Ages

"The Infinite within is ever becoming."

The principle of *Yoga* is to join and balance the *tattwas* [tattvas], or elemental functions of the five elements, with the *prana* energy, the breath of life, which animates them. The "Ha" of the sun's vital radiation principle and the "Tha" of the moon substance are blended in the body functions for health of the body as is the case in all of Nature. (The *Ha* and *Tha* combine to form the word *Hatha*, so familiar to Westerners from Hatha Yoga postures.)

Any posture or stretch in a *Yoga* designed for health must meet the requirements of the constitution of man by balancing "the above" (the subtle causal patterns of mind and sound current energy) with "the below" (the gross elements of solids and liquids in the structural frame). "As above, so below" is also mentioned in the ancient *Tablet of Hermes*.^[1] Tension fields in the five subtle elements of the body must be balanced in action and function, and united to the inner conscious center of "being". This is the object of *Polarity Yoga for Health* postures and practice.*

* The term "Polarity Yoga" and its principles and practices were published by Dr. Stone in 1970 in a small pamphlet titled *Energy Tracing Notes*, from which much of this chapter is excerpted. However, these ideas and the postures and exercises derived from these principles were simply a natural addition to and further development of Dr. Stone's Easy Stretching Postures. Dr. Stone personally explained and demonstrated Polarity Yoga with great enthusiasm in workshops in the early 1970s. And, although photos of Dr. Stone himself doing the exercises are available only for a few of the many variations he demonstrated in person, all of the exercises illustrated in this chapter are part of Polarity Yoga and/or the Easy Stretching Postures.

¹ *The Emerald Tablet of Hermes Trismegistus*

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Book 2: The Wireless Anatomy of Man
& Its Function - A Course in
Manipulative Therapy with Principles
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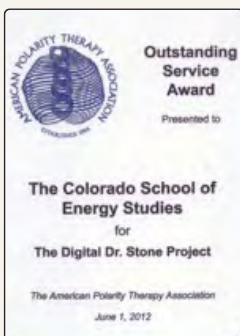
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Dedication
This work is
dedicated to the
Great Master
whose grace and
inspiration made
this book possible.
May it serve well by
his bounty and
holy will.

ii

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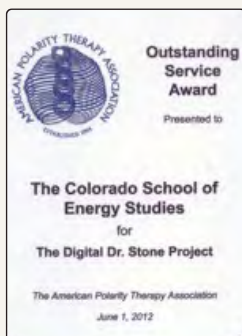
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Summary of Principles

1. The soul is a unit drop of the ocean of the Eternal Spirit which is the dweller in the body as the knower, seer, and doer; it experiences all sensation and action. It alone is the power in the body which reacts to any mode of application of therapy or action. Consciousness and intelligence reside within the soul. Physical consciousness is a blending of the soul powers with the mind. It rules in the superior regions of the brain. Mind is a step-down of soul forces to act as an intermediary link between spirit and matter. Prana is a further step-down of mind energy.

2. Mind is the finest substance of matter operating in three bodies as three fields of consciousness:

The causal body is the pattern field of the mind; here it is the ideal or superconscious mind;

In the etheric and emotional field, mind operates thru [through] the senses. It is the normal conscious mind;

In the gross physical body, mind governs all involuntary functions and repairs. It operates as the subconscious mind.

3. Emotion is a blend of the mind and senses as a step-down current of mind energy. It is in the etheric realm of airy nothingness which rules the world and the individual desires seeking their fulfillment. These may be greater than the individual's capital of energy and capacity. This is an air-borne dilemma of pain, effort, sorrow and frustration.

4. Prana, "The Life Breath" is a neuter [neutral] current which knows itself not. It occupies the upper region of the body. As energy, it has an ebb and flow like the tides in nature. The centrifugal force of Manvantara [Manuvantara] (manifesting period) in the universe is the outgoing breath and the motor current in the individual life. It is an outer awareness equal to the daytime consciousness of action.

5. The centripetal force as the Pralaya period of the universe becomes the ingoing breath and the sensory consciousness, equivalent to nighttime and sleep.

6. The individual vital force is the negative pole or repository of both energies in the lower region of the body, the sacrum posteriorly as motor currents and the generative organs anteriorly as sensory currents. It is a crystallization of the pattern of consciousness and "The Eternal Principle of Life in the Seed," perpetuating itself in a microfilm style. It is the residual force which is the drive and stamina as the root of life. Everything external revolves around it. Perpetuation is the purpose and keynote of manifestation.

7. There are five finer etheric stages of vibrating qualitative matter known as tattwas [tattvas]; their extended lines of force manifest in curvilinear patterns of ovals (planets, eliptoids [ellipsoids], etc.). As the cell and the egg, they are the individual manifestation of life as the feminine principle in nature. Five oval cavities in the body are the basic fields for qualitative expression in organism thru [through] sensation and action. Sensory nerve fibres [fibers] act as antennas of the soul for concrete sensory perception and experience. There must also be a constant exchange and blending of the individual tattwas [tattvas] with the universal supply of solids, liquids, air, warmth, and

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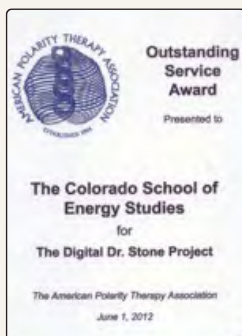
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Lest We Forget - Wireless Anatomy Commentary

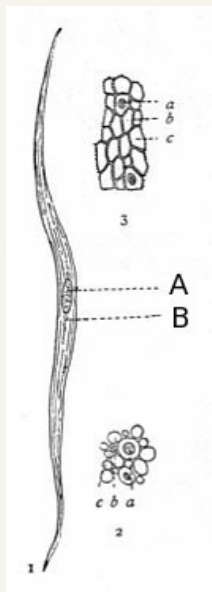
Definitions

Physiology is the science of the activity of living things; anatomy, the structure. An organism is anything that carries out the functions of life. An organ may be defined as a part of the body that has one special kind of work to do. A tissue is a single kind of living material with the power of doing a single kind of work. Connective tissue occurs throughout the whole body, binding together the different parts.

Commentary from a Wireless Energy Viewpoint

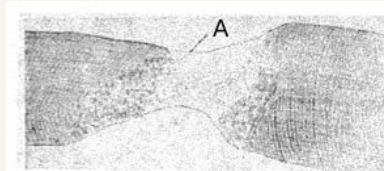
The life energy - Prana - is a step-down current from the Eternal Sound Current which supports all living things. The origin of life is in the pattern-field of the mental plane where it splits into potential sensory and motor currents. Its action is in the etheric field (akash [akasha, aakaasha]), and its center is in that thousand-rayed whirling disk of energy which supports all visible creation. In the body, the heart chakra is the microcosmic life center which draws energy from within its center as the individualized life Prana. Externally, the sun is the source of Prana and life. In combustible matter, it is stored as heat units.

The structure of the anatomy is the field of crystallized energy waves of circles and curved lines of beauty and strength in living forms. The tattwas [tattvas] are the fields of sensory currents and the operation of the five senses. The five motor senses belong to the five Prana currents and the positive pole of action. Organism, organs, and tissues express the field of action of the five states of matter in conjunction with the mind action as the neuter [neutral] pole, and Prana, the positive motor function, supporting all action.



(A) Nucleus.
(B) Protoplasm.

Smooth muscle cells from the intestine of a cat: In 1 isolated; in 2 and 3, in cross-section; X 300. Technic No. 172. At *a* the cell is cut in the plane of the nucleus; at *c*, in the neighborhood of the pointed end. In 3 (from Barfurth^[1]) is seen the manner in which neighboring cells are joined to each other by intercellular bridges.



(A) Sarcolemma

Striated muscle-fiber of frog,
showing sarcolemma.

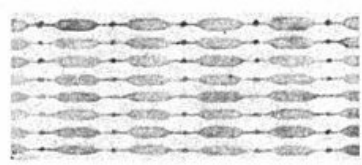
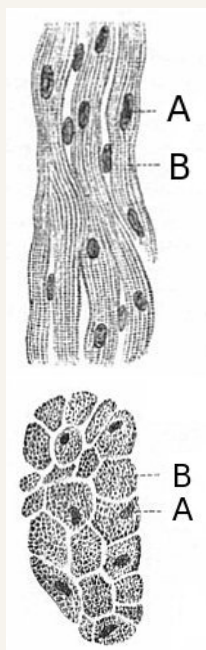


Diagram of the structure of the fibrils of a striated muscle-fiber. The light spaces between the fibrils may represent the sarcoplasm.^[2]



(A) Nucleus.
(B) Contractile substance.

Longitudinal and cross-section of muscle-fibers from the human myocardium, hardened in alcohol; X 640. The muscle cells in the longitudinal section are not sharply defined from each other, and appear as polynuclear fibers blending with each other. Between them lie, here and there, connective-tissue nuclei.

LEST WE FORGET

Protoplasm seems to be the first mold or pattern of organic matter. A peculiarity of muscle substance is that it contracts in only one direction, while **UNDIFFERENTIATED PROTOPLASM CONTRACTS IN ALL DIRECTIONS**. Protoplasm is that part of the cell which is really alive;

¹ Dr. Dietrich Barfurth (1849-1927), a German anatomist.

² Or the sarcoplasmic reticulum.



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Book 6: Body Balance Through Evolutionary Energy Currents and Supplementary Publications



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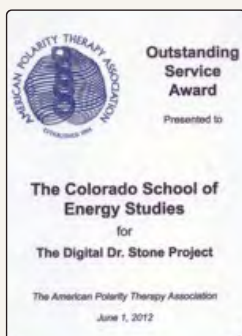
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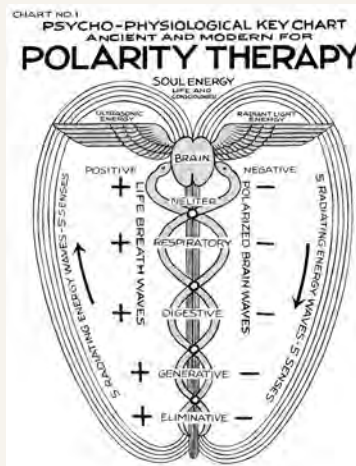
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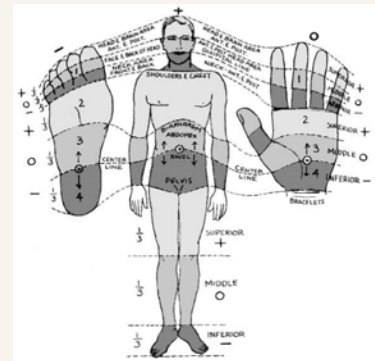
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Energy Tracing

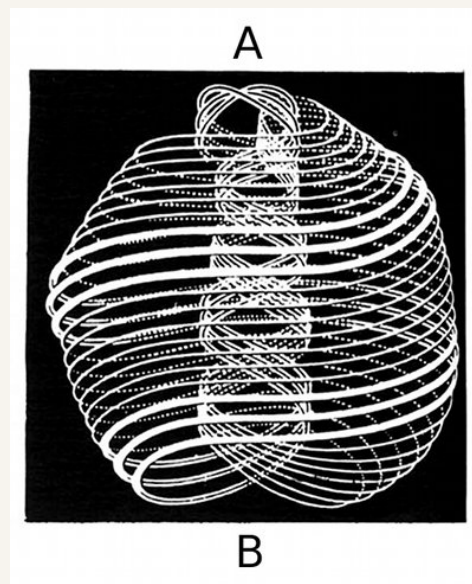
(Original charts reproduced here in miniature)



[Chart #1](#), Book III



Diagnostic & Polarity Relationship
[Chart #4](#), Book II



The Atom
[Chart #12](#) in the set of 25 charts

Tracing energy in POLARITY research goes deep into the Sound Current Energy in the causal field, the blueprint stage of mind pattern energy and the subtle formative stage of the five elements in the creative process. The five elements are akasha [akasha, aakaasha] or ether, air or gases, heat as fire, water as liquids and earth as solids. These stages of formation have energy lines of stress which produce electromagnetic tension fields in the body as lines of stress. (See Charts [5](#), [6](#) & [7](#) in Book I)

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